

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

PAIN-FREE WITHOUT SURGERY

Trends in Regenerative
Medicine

VITAL STEPS

The Path to
Vascular Fitness

Linda Carroll on
**THE SKILLS
THAT MAKE
LOVE LAST**

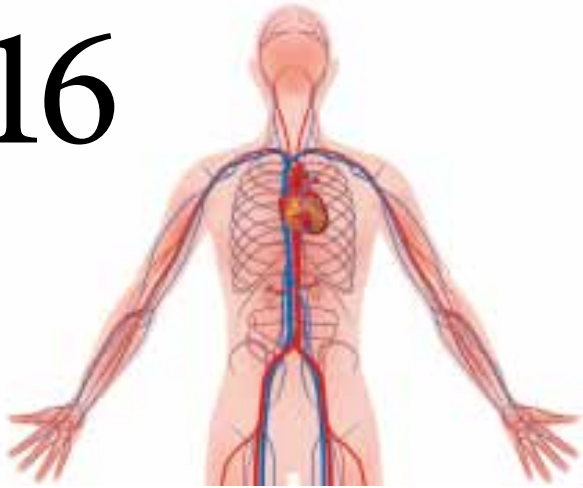
The Heart of the Matter

Keys to Cardiovascular Health

Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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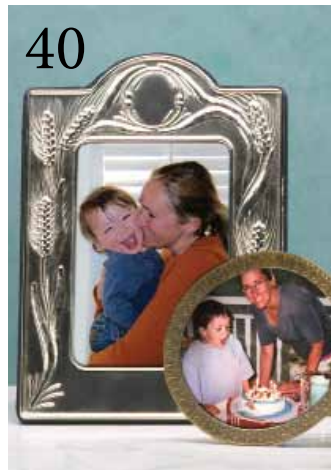
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publisher's letter



During Valentine's day, many people enjoy the flower bouquets and heart-shaped boxes of chocolate. We're reminded that love is in the air and since this year is a leap year, we have one more day to enjoy this month than usual. Valentine's Day is about telling and showing your loved ones how much they mean to you, so what does it really mean to show your appreciation for someone you love?

This year we should change the way in which we view and celebrate Valentine's Day. Let's think of this change in intentions as another small New Year's resolution or personal goal. Instead of running to the nearest supermarket to buy a stuffed bear or card, begin the day by cooking a meal or conversating with the people you love. A photo collage of all the things you've done together would be very thoughtful. Even something as simple as reservations at their favorite restaurant can be seen as an act of love. This February, we challenge you to change your view of the common commercial Valentine's Day. We hope that you consider the best, most thoughtful way to show your affection and appreciation for someone who's important to you. Our intentions mean more than any material object that can be bought. Giving our loved ones a material gift is amazing, but by giving them a moment that he or she will be able to cherish forever is even more special. Valentine's Day should be a day to focus on who's in our hearts and minds. However, we should use every day to show our appreciation and love to the people we care about.

While we're planning something heartfelt during this season, we should also be reminded of our heart health. We implore you to take this month to evaluate our own heart health and research how you can improve that health. Do a quick internet search for ways to prevent high blood pressure, high blood sugar, or diabetes to find out how you can apply this new information to your own health. This Valentine's Day, while you're creating good intentions, show some love to yourself by taking charge of your health. Take a day to relax with your loved ones and plan out how you want to improve your health for the future. Whether it be starting a new workout routine or eating less fast food, anything you do together can strengthen your relationship. Valentine's Day should serve as another reminder that you don't have to improve your health on your own. When you have someone you love by your side, your health and life changes for the better.

Namaste: we honor the spirit in you, which is also in us.

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers



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HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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Green Waters alkaline water reduces infections, flu and colds. Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

HEALTH BENEFITS

- Helps reduce infections
- Can help reduce cancer
- Alkalizes the body
- All natural

Suggested Use: Drink 64 oz per day for 14 days. .
.....\$36.00 / case of six

Mood Enhancer

Mood Enhancer is the perfect supplement to help with anxiety, stress, and depression. It works to maintain a healthy memory and sharp mind. It combines guaranteed-potency "smart herbs" ginkgo biloba and gotu kola, along with the brain-boosting omega-3 nutrition of DHA, the phospholipid nourishment of phosphatidylserine and phosphatidylcholine, the antioxidant protection of alpha lipoic acid and natural vitamin E, and more.....\$30.00



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HEALTH BENEFITS

- Helps LOSE WEIGHT QUICKLY
- Can help reduce body fat
- May reduce appetite
- All natural

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WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.

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Raspberry Ketone Drops

Research indicates that raspberry ketones appear to support weight management in two ways: first, by decreasing the absorption of dietary fat; and second, by supporting epinephrine-induced lipolysis (the breakdown of fat). Appetite Control and Fat Loss Formula.\$30.00



Garcinia Cambogia



Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00

pH 9.5 Drops

"Cancer can not grow in an alkaline body." - Dr. Otto Warburg, Nobel Peace Prize Winner for cancer and alkalinity. Keep your pH levels under control with pH 9.5 Drops. The typical American diet is loaded with acid-forming foods that can take a toll on your overall health and vitality. We all know that drinking 8 glasses of water a day is a healthy habit, but with a pH rating of 9.5, these drops turn ordinary distilled water into a genuine health elixir. Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.\$30.00



Organic Frozen Wheatgrass Juice

Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species triticum aestivum)

when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.



Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the joint-

ing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.

- 1 fl. oz. of wheatgrass juice is equivalent to 2½ pounds of the choicest vegetables
- wheatgrass is mineral rich and contains 92 minerals needed by the body
- it is a complete protein containing 20+ amino acids and has higher protein densities than any other food source
- the magic is in the enzymes with more than 30 found in the juice
- the juice is 70% chlorophyll and since the chlorophyll molecule is virtually identical to hemoglobin (red blood cells that carry oxygen), wheatgrass juice will oxygenate your body.....\$30.00

www.NaturalHealthCentersOnline.com

Practice Qigong Massage to Improve Autism Symptoms in Children

Qigong, a traditional Chinese massage technique and movement practice, may offer hope for the one in 68 American children suffering from autism spectrum disorder. Researchers at Portugal's Oporto University reviewed 10 high-quality studies, all of which involved massage for children as young as 2, including two which also employed slow qigong movements and breathwork for older children. Previous studies have found that the qigong type of gentle massage practiced for 15 minutes daily by parents on autistic children helps the children tolerate touch, feel reassured by it and bond more deeply with parents that also feel less stress. The meta-study affirmed, "Qigong seems to be able to decrease severity of individual sensory, behavioral and language components of autism, and improve self-control, sociability, sensory and cognitive awareness, as well as healthy physical behavior."



Use Probiotics to Reduce Bone Loss and Newborn Infections

Bone loss leading to increased fracture risk occurs in half of postmenopausal women, but new research from Sweden offers a deterrent: a combination of three *Lactobacillus* probiotic strains. A total of 249 healthy, early postmenopausal women over the age of 50 that took the probiotics for a year suffered no significant bone loss in the lumbar spine compared to a placebo group, report researchers at Gothenburg University. They had slight reductions in bone loss at the neck and no changes at the hip or upper femur.

In a *British Medical Journal*-published study on probiotics that spanned 10 years and involved nearly 1,000 at-risk babies, researchers from the UK's Norfolk and Norwich University Hospital found that newborns with gut infections were twice as likely to recover when given probiotics as part of their treatment in intensive care units, with sepsis rates reduced from 22.6 percent to 11.5 percent. The strains used were *L. acidophilus*, *Bifidobacterium bifidum* and *B. longum* subspecies *infantis*. The babies were suffering from necrotizing enterocolitis, a rare infection and inflammation of the intestines which can affect low-birthweight babies.

Use Pumpkin Seed Oil to Dodge Hypertension

Postmenopausal women are more likely to develop hypertension than men their age, but taking pumpkin seed oil daily may head off that condition, report researchers from Marymount University, in Arlington, Virginia. In a blind study of 23 participants, women taking three grams of pumpkin seed oil for six weeks had significantly reduced systolic blood pressure, as well as better blood flow in their arteries. The oil "might be effective in the prevention and treatment of hypertension in this population," write the authors.



Get Nutritional and Antifungal Benefits from Celery

Researchers from Cameroon's University of Buea studied the properties of nine local vegetables and found that celery, *Apium graveolens*, had some of the highest levels of antifungal properties, as well as high levels of nutritional lipids, protein, vitamin C, copper, zinc and phosphorous. Also scoring high in nutritional and antifungal value were the seeds of *Iringia gabonensis*, African or bush mango, sometimes used in the U.S. in weight-loss products.

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- hair analysis
- vitamin programs
- wellness programs
- nutrition programs

Natural medicine is grounded in the belief that the human body has an innate ability to heal itself and the treatments we employ simply support that process. Therefore, our initial treatments are the most minimally invasive therapies we know to be effective. This usually means starting with lifestyle and diet modifications. If those changes are enough to restore health, great! If not, we move to additional treatments that gradually become more invasive.

Clear Thinking

UNESCO Adopts Resolution on Earth Charter

The 40th General Conference of the United Nations Educational, Scientific and Cultural Organization (UNESCO), held last November, adopted a resolution that reaffirms the importance of the Earth Charter (EarthCharter.org) as an ethical framework for sustainable development.

The Charter's four pillars—respect and care for the community of life; ecology integrity; social and economic justice; and democracy, non-violence and peace—have guided and underpinned UNESCO's sustainable development work. Taking into account the current world situation and environmental crises, delegates felt

it was time to act and that the Earth Charter provides the needed principles and values. Although it has no binding force, like previous UNESCO resolutions, its ethical foundation may surface in future battles in international courts.



Thump Thump

Trees Exhibit 'Heartbeat'

Scientists have discovered that some trees raise and lower their branches several times in the course of the night, indicating a cycle of water and sugar transportation, but they didn't know why. Plants need water to photosynthesize glucose, the basic building block from which their more complex molecules are formed. For trees, this entails drawing water from the roots to the leaves. Dr. András Zlinszky, at Aarhus University, Denmark, used a laser scanning technique to measure the exact location of branches and leaves of 22 tree and shrub species, and published his observations of substantial unexpected movement cycles. He says, "We detected a previously unknown periodic movement of up to 0.4 inches in cycles of two to six hours. The movement has to be connected to variations in water pressure within the plants, and this effectively means that the tree is pumping. Water transport is not just a steady-state flow, as we previously assumed." Some might call that pumping action a heartbeat.



Seal Deal

Fishermen Protect Endangered Sea Mammals



In 1969, there were only 100 South American fur seals and sea lions along the coastline of Lima, the capitol of Peru, but that has increased to more than 8,000 today, thanks to local fishermen that have realized over the intervening years that a

balanced ecosystem benefits all. Once hunted almost to the point of no return for their pelts and because they ate so many fish, the sea mammals have slowly rebounded since Peru established its first marine protection area there in 1979, the Paracas Marine Reserve. Today, the Fishermen's Union has defined these areas, in which each local fishing collective is dependent economically, and has assigned responsibility to that group for protecting those marine resources. Impetus for species protection is also being driven by the rise of tourism and artisanal fisheries.

The International Union for the Conservation of Nature, which maintains a "Red List" database of species and the degree to which they are threatened with extinction, has also been involved. It also compiles a "Green List" to recognize global best practices for area-based conservation, a program working with marine reserves along the Pacific coast.

Soot Cities

Alaska Battles

Air Pollution

Alaska, which has some of the most pristine environments in the U.S., also has some of the worst air quality in its cities. According to the American Lung Association 2019 State of the Air report (Tinyurl.com/StateOfTheAirPDF), Fairbanks ranked third and a section of Anchorage ranked 21st in cities with high levels of short-term particle pollution between 2015-2017, the latest years that figures are available. Although the numbers are poor, they still represent an improvement from the last air quality report. "Particle pollution is made of soot, or tiny particles that come from coal-fired power plants, diesel emissions, wildfires and wood-burning devices. These particles are so small that they can lodge deep in the lungs and trigger asthma attacks, heart attacks and strokes, and can even be lethal," warns Marge Stoneking, executive director at the American Lung Association in Alaska.



Green Horizons

A Billion Trees in Eight Years

Marrying forestry to technology, the startup Flash Forest, in Toronto, is using aerial drones to plant trees 10 times faster than human planters with a goal of 1 billion trees by 2028. Since testing prototype devices last year, it has already planted several thousand trees across Ontario using pre-germinated seed pods containing a mixture of species. The drones are capable of planting trees at just 50 cents per pod, or a quarter of the cost of typical planting methods. Funded partly by a Kickstarter campaign, the group will start planting trees in April, with at least 150,000 in the ground by the end of this year. At full capacity, one drone operator will be able to plant 100,000 seed pods per day.

Flash Forest spokesperson Angelique Ahlstrom says, "Our goals are to have a significant and measurable impact on mitigating climate change in the next decade, while combatting deforestation and biodiversity loss on a global scale. We feel we are one of the only ways that the federal government will be able to fulfill its pledge to plant 2 billion trees in the next 10 years."

Water Win

Fresh H₂O Comes to Kenya Town



A drought-plagued Kenyan region is using a new, solar-powered, desalination plant from the international non-profit GivePower to obtain clean water. Before the plant's arrival in the town of Kiunga, villagers had completely run out of clean drinking water and had

to use dirty well water and saltwater from the Indian Ocean. The new solar water farm produces enough drinking water that's cleaner than typical desalination plants for more than 35,000 people every day.

GivePower has a mission of using renewable energy as a means of bringing water, food and energy to places that need it most. They plan on building similar facilities in other drought-prone countries such as Colombia and Haiti.

Climate Check

New Label Verifies Carbon Neutral Products

A new Climate Neutral product label is joining others like Fair Trade, 100% Organic and Made in America, and is closing in on a Kickstarter (Tinyurl.com/CarbonNeutralKickstarter)

funding goal to raise \$100,000. The idea for the label was hatched by the founders of San Francisco-based backpack and camera equipment maker Peak Design and Brooklyn-based Biolite, which sells sustainable energy products. Participating companies start by establishing baseline emissions, evaluating such factors as raw materials, the energy costs at their facilities, the amount that employees travel, and how and where their products are shipped. They work to reduce and balance them through greener strategies, switching to renewable power and investing in carbon offsets before they can display the label on their products. According to Climate Neutral, it only costs 12 cents to offset the carbon emissions required to produce a \$120 running shoe. More than 40 brands have already signed up.



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BENEFITS OF GREEN WATERS

Lose Weight:

Alkaline water can help lose weight by cutting in on our fat reserves. Acidity is the main culprit because we tend to store more fat than we require. Our dietary patterns not only include more fat but also more acidic foods that further aggravate the problem of a decreased pH level. We should aim to maintain a pH balance of 7.40 which is slightly alkaline. Drinking alkaline water helps in two ways. One that we hydrate our body as our body is 70% water, and second it helps in cutting down on acidity and then on fat.

Anti Aging:

Water is a good anti aging method and drinking ionized water is even better as it helps reduce acne and eczema apart from other skin problems. Alkaline water forms small clusters that are easy to absorb and they hydrate our body more effectively causing our skin to plump up and age more slowly.

Reduce the Chances of Osteoporosis:

Acidity leaches out calcium and magnesium from our body leading to osteoporosis. To combat this problem, alkaline water can help get rid of acidity by neutralizing it and bringing our body in pH balance. The more we lose important minerals from our body the more our bones and body becomes weak, and we become more prone to osteoporosis. The easiest step to avoid such a problem is to drink alkaline water.

Build Cardiovascular Health:

Acidic reserves in our body create several health problems like diabetes, kidney stones etc. Poor digestion led by stress and poor dietary habits add to decreased cardiovascular health. Acidic waste builds up and can aggravate this condition. To get rid of this waste, alkaline water can help neutralize the acidity in our body.

Reduce Joint Pain and Arthritis:

Joint pain develops only when our body is acidic. Alkaline water can combat that by regulating our pH balance and thus eliminating free radicals in our body that target joint causing pain and aggravating arthritic pain. Alkaline water has antioxidants that help reduce free radicals in our body.

Reduce Infections, Flu and Colds:

Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

Detoxify:

Alkaline water has detoxification properties and it helps to get rid of free radicals. It is also easily absorbed as it is less clustered. Detoxification occurs as alkaline water has antioxidants that act on free radicals in our body, built up because of acidity.

Decrease Risk of Cancer:

We have a higher risk of cancer when our bodies are acidic in nature. Doctors promote alkaline water and alkaline dietary habits only to combat these health risks that are associated with acidity. Alkaline water is a good way to combat cancer risk and get rid of acidity reserves in our body. Cancer develops when our body cells become unhealthy and adapt to our body's unhealthy environment when our body is acidic. Alkaline water can help reduce the risk of unhealthy cell growth.



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eco tip



Clean and Green Eco-Laundry Tips

By laundering clothes using simple ingredients and wise eco-practices, consumers can both save money and lower their carbon footprint.

Natural cleaning ingredients cited by *TheEcoGuide.org* include white vinegar, baking soda, lemons, borax and castile soap, all of which “can be bought in bulk with minimal packaging and have known cleaning properties that make them safe, effective and carbon-friendly alternatives.” Coarse salt is also suggested due to its mold-fighting power.

Look for biodegradable laundry detergents made with plant oils and other natural ingredients that are free of phosphates, bleach and surfactants such as petroleum-based nonylphenol ethoxylates.

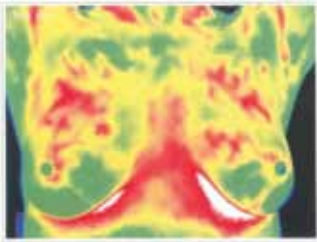
Consider coldwater washing. About 90 percent of the energy a washing machine uses goes toward heating water. By washing four out of five loads in cold water, a household could cut its carbon emissions by 864 pounds a year, according to Energy Star data from the U.S. Environmental Protection Agency. Because the cold setting may still heat the water to as much as 80° F, see if the washer has a preferable “tap cold” option. Also, the temperature recommendations on clothing labels represent “the highest spectrum clothes can handle,” Melissa Hockstad, president and chief executive of the American Cleaning Institute, recently told *The New York Times*, so the hottest water won't necessarily clean clothes better.

During rinsing, natural disinfectants that can be added include a few drops of peppermint or lavender essential oil; two teaspoons of tea tree oil; white vinegar (one-half cup per load); or one teaspoon of grapefruit seed extract.

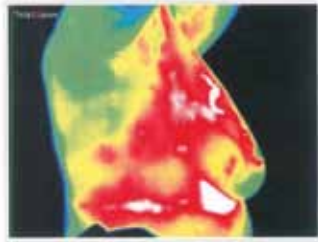
Always assemble a full load of laundry each time. Line drying outdoors or on a drying rack indoors also conserves energy and is gentler on fabrics. Further, learn how to make homemade, felted wool dryer balls at *DIYNatural.com*; tossing four to six of them in each dryer load saves time, energy and money plus reduces static cling. And consider running the dryer early in the morning or overnight: this shifts energy consumption to off-peak hours, which lowers the demand on power plants and could help reduce national reliance on fossil fuels.

"Inflammation is the Spark that ignites most disease"

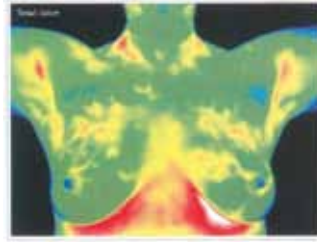
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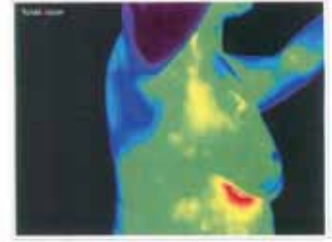
Breast, Anterior



Breast, Lateral Right



Breast, Anterior



Breast, Lateral Right

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AFTER



- Helps stop inflammation
- Relieves pain
- Fights cancer
- Fights heart disease
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- High blood pressure

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1. Christine G.; Alice P; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

DETOX THE BODY

Ionic Detox Foot Bath

COLORS AND OBJECTS IN THE WATER	
Color or Particle	Material or Area of the Body
Yellow-Green	Purifying the kidney, bladder, urinary tract, female/prostate area
Orange	Purifying the joints
Brown	Purifying the liver; tobacco, cellular debris
Black	Purifying the liver
Dark Green	Purifying the gallbladder
White Foam	Purifying from the lymphatic system
Black Flecks	Heavy metals
Red Flecks	Blood clot material

Top Reasons to Ion Detox

- Rid your body of unwanted toxins.
- Reduce acidic pH in the body.
- Boost your immune system.
- Enhance nutrient absorption.
- Increase oxygen absorption.
- Help relieve pain and tension.
- Help relieve chronic fatigue.
- Increase your energy.
- Improve sleep.
- Remove heavy metals and chemicals from you body.
- Recover quicker from illness or injury.
- Slow down aging and improve flexibility.

Why You Should Ion Detox

Throughout the course of the day, the average person will encounter a variety of environmental factors which affect their well being. This includes food additives, tobacco smoke, alcohol, artificial sweeteners, stress, lack of exercise, or even air pollution. These factors cause toxins to

build up in your body throughout the day. This buildup prevents your body from functioning at its optimal level. Your body detoxifies as much as it can, but never can eliminate all toxins. That's often why you may feel tired, have headaches, catch colds frequently, have sinus problems, dry skin, or bad breath. Additionally, prescription drugs, topical medication and environmental toxins seep into our organs and blood and can cause further imbalances. Ion Detox helps release chemicals that are clogging your organs like the liver and release chemicals no longer needed.

Eliminating toxins is the first step in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal. There are over 360 acupuncture points on the body with more than 60 on the soles of the feet. Acupuncture points and reflexology points reflect the organs and other areas of the body which make the feet ideal for detoxification.

Beginning symptoms of acidosis include: fatigue, headaches, bloating, acne, constipation, food allergies, panic attacks, slow circulation and joint pain. Intermediate symptoms of acidosis include: asthma, bronchitis, insomnia, psoriasis, fungus, depression, cold sores. Advanced symptoms of acidosis include: cancer, fibromyalgia, weight gain, multiple sclerosis, arthritis, diabetes, lupus, leukemia, heart disease and migraines.

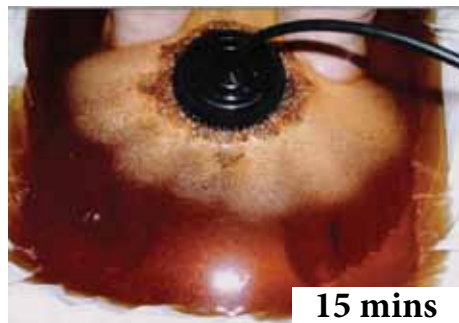
A study by the British Medical Journal said that 75% of cancers are caused by environmental and lifestyle factors. The Columbia University School of Public Health estimates that 95% of cancers are caused by diet and environmental toxicity. Heavy Metals and chemical toxins weaken the immune system and cause increased vulnerability to virus, bacterial fungal and parasitic infections. In an attempt to detoxify these substances, our bowels, kidneys and liver are being overloaded. With proper and frequent use, Ionic Detox Treatments can significantly aid the body in removal of harmful toxins. Used in combination with a healthy, low-stress lifestyle, Ion Detox Foot Bath Treatments can improve your chances for long term wellness.

Why Ion Detox Works

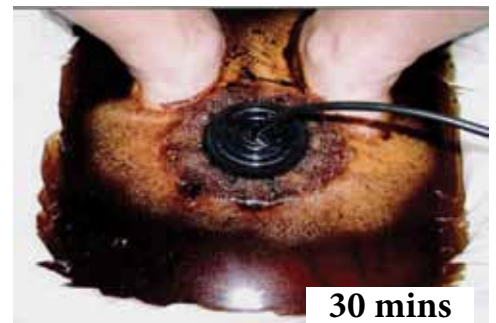
Ion Detox Treatments work to raise the body pH to a more alkaline state. This is important because the vast majority of people live in an acidic state which accelerates the aging process and is a more hospitable environment for disease to flourish.

A Higher Acidic pH Can Cause Such Problems As

1. Weight gain, obesity and diabetes.
2. Cardiovascular damage.
3. Bladder and kidney conditions, including kidney stones.
4. Immune deficiency.
5. Acceleration of free radical damage.
6. Hormone concerns.
7. Premature aging.
8. Osteoporosis; weak, brittle bones, hip



15 mins



30 mins

- fractures and bone spurs.
9. Joint pain, aching muscles and lactic acid build up.
 10. Low energy and chronic fatigue.
 11. Slow digestion and elimination.
 12. Yeast/fungal overgrowth.

Ionic Detox Foot treatments assists the body's ability to heal itself by removing toxins that may be interfering with your own natural defenses. The best advice is to be proactive with your health. It's easier to avoid disease and illness by taking the steps discussed here, than it is to change things once disease has set in. Ion Detox Foot Baths are a valuable tool in supporting your body's natural defenses. This detoxification process is a safe and effective way to aid the healing process carried out by your Immune System.

What happens when I place my feet or some other part of my body in the Ion Foot Cleanse?

The appearance of colors, bubbles and the changes in the tension of the waters surface, as well as the change in pH, indicates that the unit is functioning correctly, producing an electrical current in the water and that polarity is being generated by the electrodes in the "array".

The result is electrolysis and the generation of an electromagnetic field. Electrolysis creates the removal of those substances with ionic capacity that is in the water, on the skin or in the pores of the person who has their feet submerged in the foot bath.

The water, due to its content of ionic salts, remains magnetized and being in close contact with the corporal liquids facilitates the extension of this field towards the interior of the body. As it is the feet that are being treated, which have many reflex zones, these experience stimulation by the electromagnetic energy that is being generated resulting in the stimuli being propagated to the different organs and systems.

Who should use the Ion Foot Cleanse?

Nearly everybody can benefit from following an ion Foot Detox program. Even those of you that think you are "healthy" and follow a balanced nutritious diet. The ionic spa compliments other therapies wonderfully. If in pain, tired or feeling run down start now.

Who should NOT use Ion Foot Cleanse?

- Anyone with a surgical implant that operates with batteries like a pace-maker.
- Anyone who thinks they are or could be pregnant.
- Anyone who has received a transplant.
- Epileptics.
- Hemophiliacs.
- Transplant patients.
- Pregnancy – Ion Foot Cleanse is designed to work with one bio-electrical system at a time, as each system has its own properties. In the case of pregnancy, there are two bio-energetic fields present which could possibly interfere with each other.

How frequently can the Foot Detox be used?

The Ion Foot Detox can be used for 30 minutes every other day. This allows time for the integration of the bio-energetic field and will avoid over-stimulation. It is NOT recommended on a daily basis, due to the fact that the body needs time to assimilate the increase in the bio-energetic level.

How are toxins eliminated?

By means of electrolysis, the Foot Detox treatment plan intends to promote corporal detoxification which will allow the body to achieve a healthier condition. This detoxification is based on the bio-energetic stimulation of the different tissues, organs and systems so that they can carry out their natural detoxifying process better. The final result is a stimulation that allows us to attain balance which in turn brings us closer to achieving better health.

On the other hand, the electrolysis phenomena in the foot bath generates a release of substances that migrate towards the electrodes, going through a transformation which is manifested in the precipitation of products in the water, color change and release of gases, and this too has a relation to our organism. Within our interior a bio-energetic flow is produced, this unblocks and stimulates, creating better tissue, organ and system functions, facilitating better circulation.

Why does the water change color?

There are many factors that come into play when the unit is turned on which contributes to the color and property changes in the water. Basically, the Detox is based on electrolysis. If we analyze the system we find the following elements: water classification and types of salt which are used to achieve optimum conductivity. The water that is used has its own impurities which due to the electrolysis are drawn towards or separated from other components. Remember, the water that

normally reaches our homes can contain variable quantities of suspended solids such as sodium, calcium, magnesium, manganese, chlorine, antimony, arsenic, asbestos, barium, boron, cadmium, chromium, copper, cyanide, fluorine, iron, lead, mercury, nickel, sulphate's, thallium, nitrates, pesticides, herbicides, detergents and organic material, amongst many others.

When the Foot Detox "array" starts to work in the water, apart from the changes in the pHs, some of these substances can come to light as being present in the water. This is one of the reasons for the color changes and the release of small quantities of different gases like oxygen, hydrogen, chlorine and some sulphur's. The "arrays" are metallic and will release waste and will result in an electrolytic reaction which will in turn cause it to corrode.

Another influencing matter is what we introduce into the water, let's say our feet. These have their own properties such as acidity or alkalinity. One can also find germ, bacteria, yeast infections and parasites. The skin can also contain remnants of soap, creams, dyes and fibers. There will also be a release of substances from the sebaceous glands and dead cells. All these factors combined will influence the color change. Last of all we have the internal condition of the body which will influence and manifest themselves in the water.

References:

1. healthylivingtoday.wordpress.com
2. wikipedia.com
3. American Academy of Dermatology: AcneNet
4. Vaughan Integrative Medicine: Ion Foot Detoxification Program: Dr. Elizabeth Vaughan

Read more: <http://www.livestrong.com/article/130994-benefits-ionic-foot-detox/#ixzz2Gcn3J7AZ>

Dr. Steve Recommends: Alternate Nostril Breathing

Foot Detox can be somewhat of a controversial subject. Dr. Steve recommends spending that 30 mins detoxing using silence, meditation, and focused-breathing.

- Sit down and close your eyes. No cellphone, no talking, just silence and meditation.
- Press your finger over your right nostril and inhale deeply and slowly through your left nostril. Exhale through your mouth.
- Press your finger over your left nostril and repeat the procedure.
- Alternate breathing through each nostril five times.

Ion Foot Detox (single session) \$45
 Ion Foot Detox (two sessions) \$80
 Ion Foot Detox (four sessions) \$145

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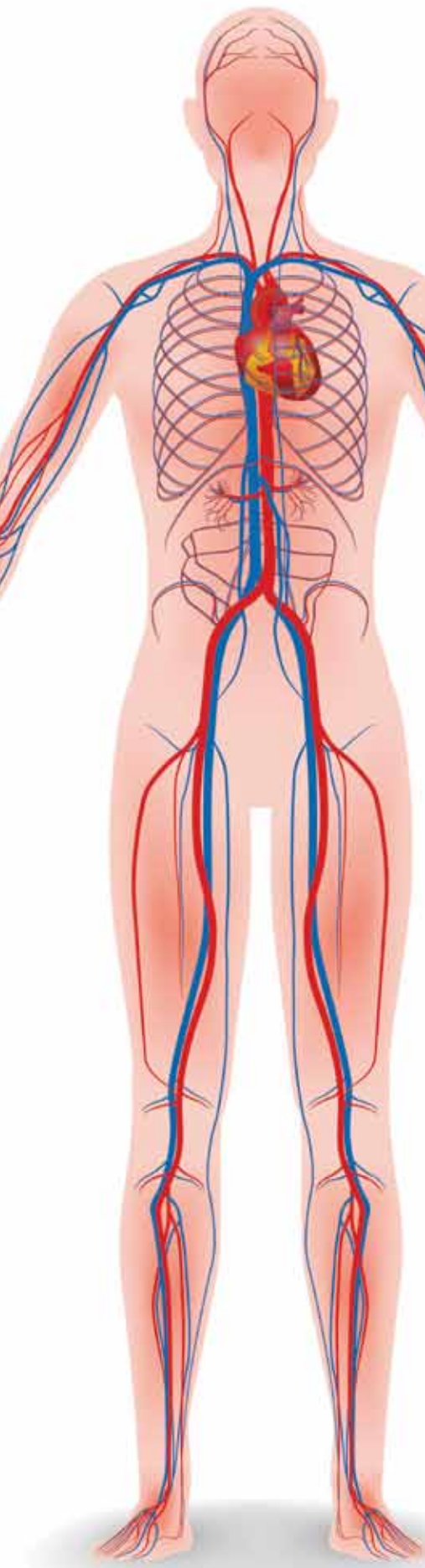
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SACRED VESSELS

The Lifeblood of Heart Health

by Julie Peterson



When people think about heart health, what generally comes to mind is the fist-sized muscle that pumps and oxygenates the body's lifeblood. However, the heart of the matter is not the pump itself, but the vascular system—the network of veins, arteries and capillaries that distributes blood to

every cell in the body, delivering nutrients and eliminating waste.

Each human adult harbors an astonishing 60,000 miles of blood vessels—enough to wrap around the planet twice. Keeping these hard-working vessels supple and open is the key not only to avoiding disease, but also to ensuring a long and healthy life.

The alternative—arteriosclerosis, or hardening of the arteries—can slowly and silently bring on cardiovascular disease (CVD), which can result in a heart attack, stroke, vision loss and cognitive decline. CVD is the leading cause of death in the U.S., killing one in four Americans,

When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle. We've seen over and over again that it works.

~Brenda Davis

according to the U.S. Centers for Disease Control and Prevention (CDC). By 2035, nearly half the population—45 percent—is predicted to have some form of the disease.

“A hundred years ago, we were farming the back 40 with a team of horses, eating what we grew. Kids don't get out and ride bikes; they're playing video games and eating crap. There's very little doubt how we got to this problem,” says John Osborne, M.D., director of cardiology at State of the Heart Cardiology, near Dallas.

Yet, the nation's number one killer, which can fester for decades without symptoms, is largely preventable and reversible. Only 15 percent of CVD is related to genetics; the rest is attributed to lifestyle, and the right choices can make all the difference. The key is to adopt heart-healthy habits before the body delivers a potentially fatal warning.

“The initial presentation of heart disease can be an acute catastrophic event that results in death in half the men and two-thirds of the women. That's not treatable,” warns Osborne.

Know the Risk Factors

The first step toward cardiovascular health is awareness. Important indicators of CVD risk include:

- ✓ High blood pressure (over 140/90)
- ✓ High cholesterol (over 240 mg/dL)
- ✓ High triglycerides (over 200 mg/dL)
- ✓ High blood glucose (over 140 mg/dL)
- ✓ Obesity (BMI over 30)
- ✓ Inflammation (hsCRP test above 2 ml/dL)
- ✓ Physical inactivity (less than 30 minutes a day)
- ✓ Smoking or vaping (any at all)
- ✓ Chronic stress
- ✓ Loneliness

Any of these factors can increase the risk of CVD, but possessing a cluster of the first five comprises a condition called metabolic syndrome, which significantly increases the potential for heart disease and Type 2 diabetes—itsself a significant risk factor that can damage blood vessels, as well as the organs they support.

“While diabetes is the seventh-leading cause of death in the United States, this figure belies the fact that most people with diabetes die of heart disease, kidney failure and other complications,” says Brenda Davis, RD, of Alberta, Canada, author of *Kick Diabetes Essentials: The Diet and Lifestyle Guide*.

Metabolic syndrome, like CVD, has few obvious symptoms and is on the rise: Nearly one-third of adults in the U.S. have it, according to the CDC. The one distinct marker for the condition is an accumulation of fat around the waistline, characterized by a measurement of over 35 inches for women and 40 for men.

Take Action to Cut Risks

“When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle,” says Davis. “We’ve seen over and over again that it works.”

■ Know the Numbers



CVD flies under the radar even though it’s increasingly common at younger ages. *The Journal of the American Medical Association*

released a study in December 2019 stating that about one in four young adults in the U.S. have pre-diabetes, putting them at increased risk for Type 2 diabetes and CVD.

Lisa McDowell, director of clinical nutrition and wellness at St. Joseph’s Mercy Health System, in Ann Arbor, Michigan, and team dietitian for the Detroit Red Wings, works with elite athletes of all ages and notes that they more likely know their favorite player’s jersey number than their own health numbers. “Learn what your blood pressure is, know your body mass index, get your cholesterol levels and triglycerides and your [hemoglobin] A1C.

There's not an excess of blueberries in the American diet; there's an excess of relatively inexpensive, highly processed junk foods in large containers.

~Lisa McDowell

Know these numbers early on and, if there’s a problem, fix it,” she advises.

While simple blood tests help monitor indicators for CVD, more sophisticated tests can be even more revealing. In 2018, the American College of Cardiology and the American Heart Association (AHA) jointly issued new guidelines for patients over age 50 to get a computerized tomography (CT) scan to determine their calcium score. The procedure checks for hardening of the arteries and predicts the risk of a 10-year future cardiovascular event.

“This identifies people who have pre-clinical atherosclerosis, regardless of risk factors,” says Osborne. “It also helps people modify behaviors, because they are faced with a diagnosis.”

Yale R. Smith, a Melbourne, Florida, M.D., who specializes in metabolic and functional medicine, utilizes the U.S. Food & Drug Administration-approved protein unstable lesion signature (PULS) blood test. Recommended for patients in their 40s, it measures inflammatory biomarkers for the body’s immune system response to arterial injury and provides a chronological heart age and risk of a CVD event.

“If you can show someone the future, it’s a wake-up call to make lifestyle changes to increase longevity,” Smith says.

■ Eat for Heart Health

Perhaps the single most important change that people can make is diet. “But a lot of people don’t want lifestyle medicine—they’d rather take a statin with their Big Mac,” says McDowell.

Preventing or reversing CVD requires diligence, but it’s largely about eating real, whole food—and mostly plants.



This means avoiding processed foods and consuming less salt, trans fats, saturated fat and cholesterol; and more fruits, vegetables, whole grains, nuts and seeds.

“There’s not an excess of blueberries in the American diet; there’s an excess of relatively inexpensive, highly processed junk foods in large containers,” says McDowell. Overcoming the urge to grab fast and easy foods requires education. “Everyone needs to learn how to read a food label and avoid foods linked to vascular disease,” she adds.

Vegans have healthier cholesterol levels in their blood compared to vegetarians, which in turn have better levels than meat-eaters. Study-verified diets that lower CVD indicators also include the Mediterranean diet, as well as two developed by the National Heart, Lung, and Blood Institute: the Dietary Approaches to Stop Hypertension (DASH) diet and the Therapeutic Lifestyle Changes (TLC) diet, which also addresses exercise and weight control.

“I don’t believe that one diet fits everybody, but there’s a preponderance of evidence that the more plant compounds you get, the better off you are,” says McDowell.

Some cardiovascular boosters:

Leafy greens flush out excess sodium and magnesium, and reduce inflammation.

Berries improve circulation by boosting nitric oxide, which expands blood vessels.

Pomegranate juice lowers blood pressure and reduces plaque formation.

Walnuts, peanuts and almonds lower LDL, the “bad cholesterol”.

Oily fish, chia and flax seeds with omega-3 fatty acids lower triglycerides.

Soy with anti-inflammatory isoflavones helps dilate blood vessels. “We could eat tofu, tempeh, miso, edamame, soy beans or even organic soy ‘veggie meats’ in place of red meat,” says Davis.

Yogurt, kefir and other fermented probiotic dairy products help improve glycemic control, blood lipids, cholesterol and blood pressure.

Supplements can be very helpful: **Red yeast rice extract**, much like a statin, significantly lowers total cholesterol and LDL.

Coenzyme Q10, a powerful antioxidant, lowers blood pressure and combats the side effects of statins.

Omega-3s in fish oil supplements reduce heart risk in healthy people and those already diagnosed with CVD risk.

Nicotinamide riboside improves blood pressure and arterial health in those with mild hypertension.

Garlic, fresh or in capsules, can lower cholesterol and blood pressure.

■ Move It



Sitting all day and then briefly exercising doesn't provide the same benefit as moving periodically throughout the day. Take more frequent breaks from sitting, get up to move around for a couple of minutes every 30 minutes.

Exercise strengthens the endothelium, the innermost of an artery's three layers, and produces nitric oxide, which helps

keep arteries open and healthy. Getting the blood moving lowers cholesterol and blood pressure, and increases oxygen and nutrients to the body.

Exercising outdoors provides additional benefits. Research from the Barcelona Institute for Global Health found that exposure to green spaces helped prevent metabolic syndrome.

■ Stress Less, Socialize More

Spending even 20 minutes outdoors in nature can do wonders for high blood pressure and cortisol levels, studies show.

Walking or talking with a friend deepens social engagement, a key factor in lowering CVD risk: "Having the right tribe is crucial," says McDowell. "If you're with people who support you and make you laugh, you feel less stress."

Walking a dog outdoors gets three cardiovascular pluses—exercise, nature and



sociability, as dogs tend to be tail-wagging ice-breakers. Further, merely stroking a pet lowers blood pressure.

Apps like Headspace and Insight Timer make it easy to do meditation, which studies suggest may reduce overall CVD risk.

■ Don't Smoke

Not starting to smoke or vape at all is ideal for cardiovascular health, but quitting allows the body to begin to heal, reducing the risk of coronary heart disease after one year by 50 percent, reports the AHA; 14 years later, the risk is the same as a non-smoker's.

"It's not intuitively easy to make healthy decisions," says McDowell. "We have to learn how to make good choices."

Julie Peterson writes from rural Wisconsin. Connect at JuliePeterson2222@gmail.com.



The Benefits of an Alkaline Body

Fewer Colds

An acidic environment promotes the growth of bad bacteria, yeast and fungi. The imbalance of your body's good bacteria makes you more prone to getting infections. You will be less likely to suffer from the common cold when your body is alkaline.

Cancer Prevention

A major benefit of having an alkaline body state is that you might reduce your risk for developing cancer. When your body is too acidic, oxygen levels are lowered and cellular metabolism stops. This can lead to the growth of cancer cells. Maintaining an alkaline state helps encourage healthy cell turnover, which is key in the prevention of cancer.

- Skin more elastic, youthful
- Deeper more restful sleep
- Abundant physical energy
- Suffer from fewer headaches and viruses
- Good digestion
- Less arthritis
- Reduction of candida (yeast) overgrowth
- Helps the body detox
- Assists with proper absorption of food
- Helps prevent acid reflux
- Prevents irritable bowel syndrome
- Will not support osteoporosis
- Increased mental acuity, mental alertness

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Assess Personal Risk

High Blood Pressure

High blood pressure occurs when the force of blood pushing against the vessel walls is too high, making the heart and vessels work harder. The friction damages the endothelium—the inner lining of veins and arteries—plaque builds up, the vessels narrow and blood pressure increases even more. Contributing factors include being sedentary, overweight and consuming excessive alcohol or salt.

High Cholesterol

A waxy, fat-like substance found in all cells of the body, cholesterol can pile up (mostly as a consequence of poor diet) and stick to arterial walls, creating plaque that stymies blood flow to the heart.

High Triglycerides

The end product of digesting fats in food, triglycerides become fat in the blood that gives the body energy. Numbers climb with consumption of refined carbohydrates, simple sugars and fatty foods, contributing to arteriosclerosis.

Metabolic Syndrome

A cluster of conditions that affect up to a third of Americans, metabolic syndrome

is defined by high blood pressure; high levels of blood sugar, cholesterol and triglycerides; and excess fat around the waist. It's closely linked to Type 2 diabetes, another CVD risk factor.

Obesity

Obesity—which afflicts almost 40 percent of American adults—causes chronic inflammation, harms the endothelium and causes poor cholesterol numbers. A 12-year study of 17,640 Europeans, published in the *European Heart Journal*, found that obese people with metabolic risk factors were two-and-a-half times as likely to have heart disease as those of normal weight.

Stress

When stressed by such factors as work overload, family strife or traumatic memories, the body releases adrenaline, which causes acceleration of breathing and heart rate, contraction of vessels and a rise in blood sugar. Chronic stress can cause constricted arteries that lead to arteriosclerosis and inflammation of the endothelium. Further, stressed people often turn to vascular-destructive activities such as smoking, drinking and binge eating.

Standard American Diet (SAD)

Previous studies have linked processed foods to hypertension and high cholesterol, and a 2019 *British Medical Journal* study of 105,000 adults reported that a 10 percent increase in the consumption of processed foods corresponded to a 12 percent overall increase in cardiovascular disease.

Inflammation

Chronic inflammation, caused by such factors as fried and processed foods, smoking, obesity, alcohol and stress, can trigger the immune system to attack healthy tissues, including the endothelium, raising CVD risk. C-reactive protein (CRP), an inflammation marker, is measured by the hsCRP blood test. Men with higher CRP levels had three times the risk of heart attack and twice the risk of stroke, Harvard scientists have found.

Physical Inactivity

A lack of regular, ongoing physical activity has been shown to dramatically increase obesity, blood pressure, cholesterol and inflammation. A 2019 British study found that artery functions declined and CVD risk factors worsened in just two weeks when active exercisers reduced their daily steps from 10,000 to 1,000.

Smoking and Vaping

Nicotine, carbon monoxide and chemicals in cigarettes increase blood pressure and heart rate, damage the endothelium and cause blood platelets to clot more, which is why smokers are two to four times more likely to get cardiovascular disease. E-cigarettes and cigars may be worse due to higher doses of nicotine, the AHA warns.

Loneliness

People need people: Harvard researchers examined 23 studies that involved 181,000 adults and found that loneliness, social isolation or both were associated with increased risks of heart attacks (29 percent) and strokes (32 percent).

VITAL STEPS

The Path to Vascular Fitness

by Marlaina Donato

It is well-known that exercise combats cardiovascular disease by balancing blood pressure and managing blood sugar, but aerobic exercise, not resistance training, takes the prize for keeping the body's thousands of miles of blood vessels more supple. A 2017 study published in the journal *Medicine & Science in Sports & Exercise* shows that all-extremity exercise like brisk walking improves arterial flexibility in older individuals; even those with a sedentary history.

Moving the body regularly also lowers stress hormones like cortisol that can ignite

For blood vessel flexibility, any sort of sustained aerobic exercise helps. Find something you enjoy so that you'll keep doing it in the long term.

~Alex Hutchinson

damaging vascular inflammation. A West Virginia University study presented at the 2016 Experimental Biology meeting in San Diego showed that aerobic exercise fosters healthy blood vessels in rats exposed to chronic stress. Combining aerobic exercise with good diet and paying attention to triglyceride levels all help to keep us young from the inside-out.

Step It Up

According to a 2015 study by the University of Missouri School of Medicine published in *Experimental Physiology*, walking just 10 minutes after prolonged sitting can

restore blood flow in the legs and improve impaired vascular function.

Results like these are another reason to get up and move. Walking, running, swimming, cycling, jumping rope and playing tennis are all excellent options. "For blood vessel flexibility, any sort of sustained aerobic exercise helps. Find something you enjoy so that you'll keep doing it in the long term," says Alex Hutchinson, *New York Times* bestselling author of *Which Comes First, Cardio or Weights? Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise*. The Toronto-based, *Outside* magazine science columnist underscores that treadmills and walking outside foster equal benefits by increasing the heart rate.

The American Heart Association recommends 150 minutes per week of moderate aerobic exercise. Dr. Regina Druz, a board-certified cardiologist and medical director of the Integrative Cardiology Center of Long Island, explains, "This translates into 30 minutes a day, five times a week. A specific exercise program may be helpful for those with a medical condition, but for overall vascular health, any physical activity like walking or taking the stairs will do." Druz also highlights the role of nitric oxide: "One of the most studied mediators of vascular health is [nitric oxide], which makes arteries flexible."

Research findings published in

2018 in the journal *Hypertension* spotlight the correlation between the number of daily steps and arterial plasticity through a technique called pulse wave velocity, which measures how fast blood travels from the heart to the feet. The evidence suggests that 1,000 extra steps a day foster significant vascular improvement.

Judy Heller, a walking coach and founder of Wonders of Walking, a fitness program in Portland, Oregon, concurs: "Moving throughout the day, not just once a day, is most important." Heller is a firm believer in consistency. "My aunt lived to 107 and remained in her three-story house. Her words to me were, 'Judy, don't ever stop walking.' Small changes yield greater rewards over time. We're meant to move."

Superfoods and Supplements

Nitric oxide, responsible for the dilation and contraction of blood vessels, is produced by exercising and helps to protect the smooth interior lining of the arteries from excessive plaque accumulation. Adding nitric oxide-boosting foods to an already healthy diet can give us an extra edge over vascular conditions like stroke and peripheral artery disease. "Beets, arugula, spinach and rhubarb are all good sources of dietary nitrate. They're not miracle supplements, but if you make these foods a regular part of your diet, you'll have a positive effect on your arteries," says Hutchinson.

Research by Florida State University published in the *Journal of the Academy of Nutrition and Dietetics* reveals that a one-cup daily serving of blueberries helps to protect the arteries from stiffness. Watermelon, rich in the nonessential amino acid L-citrulline, also packs a nitric oxide punch.

Full-spectrum vitamin E is another good option, especially for addressing peripheral artery disease and reducing serum triglyceride levels that are often seen as secondary to "bad" cholesterol levels, but which low levels are vital to cardiovascular health.

Druz cautions against using supplements as substitutes for healthy nutrition and exercise, and underscores the importance of dialing down stress, "I advise my patients to build stress resiliency, which involves recognizing and practicing stress response. This, along with nutrition and consistent exercise, will lower inflammation and help build stress resiliency."

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.



Migranes and constant headaches

pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease, dementia and MS.

Abnormal lump in the breast

abnormal cells in the breast create new blood vessels and inflammation and can lead to breast cancer.

Chest pains and irregular heartbeats

inflammation in the heart and arterial and venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.

Uncontrollable weight gain or loss

Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.

Acid reflux and upset stomach

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron's disease, Celiac disease, AND cancer.

inflammation

sparks almost every major disease in the body

1 in 8 Women

develop breast cancer in Louisiana

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Wheatgrass



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healthy kids



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GOOD HEARTS START YOUNG

Boosting Kids' Cardiovascular Health

by Ronica A. O'Hara

We don't often think of children as having cardiovascular problems, but evidence is mounting that many youngsters today—because of scant exercise, poor eating habits and excessive screen time—are on track to experiencing serious heart and circulatory problems later in life.

"Instead of taking a wait-and-see approach by treating disease later in adulthood, we should help children maintain the standards of ideal cardiovascular health that most children are born with," reports Julia Steinberger, M.D., director of pediatric cardiology at the University of Minnesota Medical School, in Minneapolis, and lead author of a 2016 scientific statement on children's cardiovascular health from the American Heart Association (AHA).

In a March 2019 update, the AHA noted that fewer than 1 percent of children meet all seven criteria, or metrics, for ideal cardiovascular health; half of all children meet merely half the measures, which include physical activity, healthy

eating, not smoking, attaining ideal body mass index (BMI), total cholesterol, blood pressure and glucose readings. Poor metrics in a child are linked to such adverse outcomes as heart attacks, heart failure and stroke in adulthood, advises Elaine Urbina, M.D., director of preventive cardiology at Cincinnati Children's Hospital Medical Center, adding that poor metrics in teens are linked to fatty build-up in the neck arteries and arterial stiffness later in life.

But starting *in utero*, crucial strategies can promote strong cardiovascular systems in kids. Children born to mothers with low vitamin D levels have about a 60 percent higher risk of elevated systolic blood pressure between ages 6 and 18, reports a Boston Medical Center study in the journal *Hypertension*; vitamin D supplementation during pregnancy may head that off. Other important strategies include:

Get them moving. Children should be physically active at least 60 minutes a day, the AHA recommends, but among

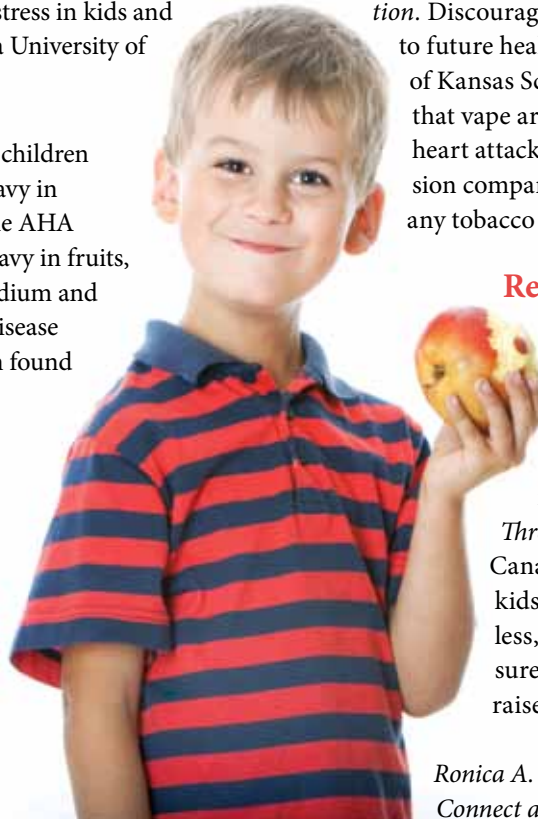
kids 6 to 11, only half of the boys and a third of the girls meet that guideline; by ages 16 to 19, merely one in 10 boys and one in 20 girls do. A review of 50 fitness studies in 28 countries involving 25 million children concluded that American kids today are about a minute and a half slower running a mile than their peers 30 years ago.

“Aerobic exercises like running, swimming and cycling use the big muscles of the body and are excellent ways of stressing and strengthening the heart and lungs,” says study author Grant Tomkinson, Ph.D., professor of education, health and behavior studies at the University of North Dakota. Even simply walking to school in the morning for 10 minutes reduces stress in kids and curbs heart rate and blood pressure increases, a University of Buffalo study found.

Feed them well. About 91 percent of U.S. children have what is classified as a “poor” diet that’s heavy in simple carbs like desserts and sugary drinks, the AHA reported. It recommends feeding kids a diet heavy in fruits, vegetables, fish and whole grains and low in sodium and sugary foods and drinks. A 2016 Centers for Disease Control and Prevention study of 2,142 children found

Instead of taking a wait-and-see approach by treating disease later in adulthood, we should help children maintain the standards of ideal cardiovascular health that most children are born with.

~Julia Steinberger



that nine of 10 kids exceeded recommended sodium levels. A Cleveland Clinic study found that obese children eating a low-fat, plant-based vegan diet for four weeks began lowering their risk of heart disease by improving their weight, blood pressure, BMI, cholesterol levels and insulin sensitivity.

Don’t smoke or vape. The risk of a child developing carotid plaque in adulthood was four times higher if one or both parents smoked without taking care to limit the child’s exposure; when they did take care, the risk was still almost two times higher, according to an Australian study in the journal *Circulation*. Discouraging a teen from vaping is also critical to future health: New research from the University of Kansas School of Medicine shows that adults that vape are significantly more likely to have a heart attack, coronary artery disease and depression compared with those that don’t vape or use any tobacco products.

Restrict screen time. Australian 6-year-olds that spent the most time in front of TVs, computers and video games had narrower arteries in the back of their eyes—a marker of future cardiovascular risk—reported a study in *Arteriosclerosis, Thrombosis and Vascular*. A study from Canada’s McMaster University found that kids with video game addictions sleep less, which in turn elevates blood pressure, lowers helpful HDL cholesterol and raises triglycerides.

Ronica A. O’Hara is a Denver-based health writer. Connect at OHaraRonica@gmail.com.

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Did you know that the water fish swim in needs to be the correct pH in to live? Also, plants flourish when the soil is at the right pH level. Life only exists where there's balance, and your body is totally regulated by pH. Are you too acidic?

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Disrupting Disposables

The Drive to Banish Single-Use Plastics

by Yvette C. Hammett

Universities, sports arenas, restaurants and other businesses are taking up the call to “disrupt dispos-

ables” as part of a global effort to dramatically cut down on single-use plastics. The environmental problems caused by those ubiquitous throwaways have become a mainstay of news reporting, and studies on how best to reduce them through public policy abound. A recent Canadian research paper in the *Marine Pollution Bulletin* explores strategies such as bans, tax levies and education. Experts agree that it is not just a litter problem, but a sobering matter of human and planetary health.

As these plastics wind up in the oceans and landfills worldwide, they can languish virtually intact for up to 1,000 years, entangling and choking marine mammals and terrestrial wildlife. Or, they break into toxic microplastics that enter drinking water supplies, eventually ingested by humans. Because plastics are made from petroleum, their production also adds to greenhouse gases that contribute to the climate crisis.

There is momentum, but it is challenging.

~Eric DesRoberts

Two-pronged efforts by businesses and individuals to divert plastics from the waste system and replacing them with

Earth-friendly alternatives will eventually pay off, experts say, but it will be a long and slow process. However, momentum is building, spurred by consumer demand and a growing number of enterprising businesses, organizations and academic institutions.

At Penn State University, agriculture and biological engineering professor Judd Michael is working with sports facilities to lower both plastics use and littering; the initiative is working so well that their approaches may be taken up by other schools across the nation. “One of my projects is with NASCAR’s Pocono Raceway [also in Pennsylvania], where the owners of the track wanted to continue to make the venue more green,” he says. “There is zero waste in suites for that track, and they are initiating a comprehensive recycling program. They try to get tailgaters to participate, as well.”

On campus, Penn State provides bags of different colors for tailgaters with instructions for fans to separate recyclables in one bag and everything else in the other. That program was exported to Pocono. Michael is also working with PepsiCo, which owns Frito-Lay, to develop alternative packaging.

The University of Florida's efforts began in 2012, when the campus freed itself from plastic bags, getting buy-in from Chick-Fil-A, Subway and other eateries that agreed to switch to alternatives. "We've been Styrofoam-free since 2012, as well," says Allison Vitt, outreach and communications coordinator for the UF Office of Sustainability. "At the end of 2018, we officially switched over all to compostable straws." They feel like plastic, but are certified compostable, she says.

UF has engaged with Cupanion, a company that developed an app that has a "fill it forward" program, distributing money to clean-water charities worldwide. "Since 2016, we've been working with them to reduce single-use plastic, rewarding people for reusing their bottles," says Vitt.

Interested students, staff and faculty are given a barcode sticker to scan on their phone each time a bottle is refilled at a campus retailer or water fountain. The app provides points that can be redeemed for monthly prizes. "It also shows you your

A lot of local folks have really changed their perspective. We see a lot more customers coming in and saying they appreciate that we are using compostable cups and compostable straws.

~Dana Honn

personal footprint—your cumulative impact, like how many single-use bottles you have avoided," she says.

On a smaller scale, Dana Honn and his wife Christina went completely plastic-free upon opening Café Carmo, in New Orleans. "We only had about a dozen seats, but determined to have as little waste as possible. Every year, we were able to build upon it," he says.

"A lot of local folks have really changed their perspective. We see a lot more customers coming in and saying they appreciate that we are using compostable cups and compostable straws."

It's a slow, but steady effort, says Eric DesRoberts, senior manager of the Ocean Conservancy's Trash Free Seas program. "We have worked with a number of restaurants talking about why it is important to be taking action to keep plastics out of the waste stream and out of the ocean."

More people are volunteering to clean up and cut back on plastics, and more businesses are asking the nonprofit, Washington, D.C.-based, environmental advocacy organization how they can do their part. "There is momentum, but it is challenging," says DesRoberts.

Yvette C. Hammett is an environmental writer based in Valrico, Florida. Connect at YvetteHammett28@hotmail.com.

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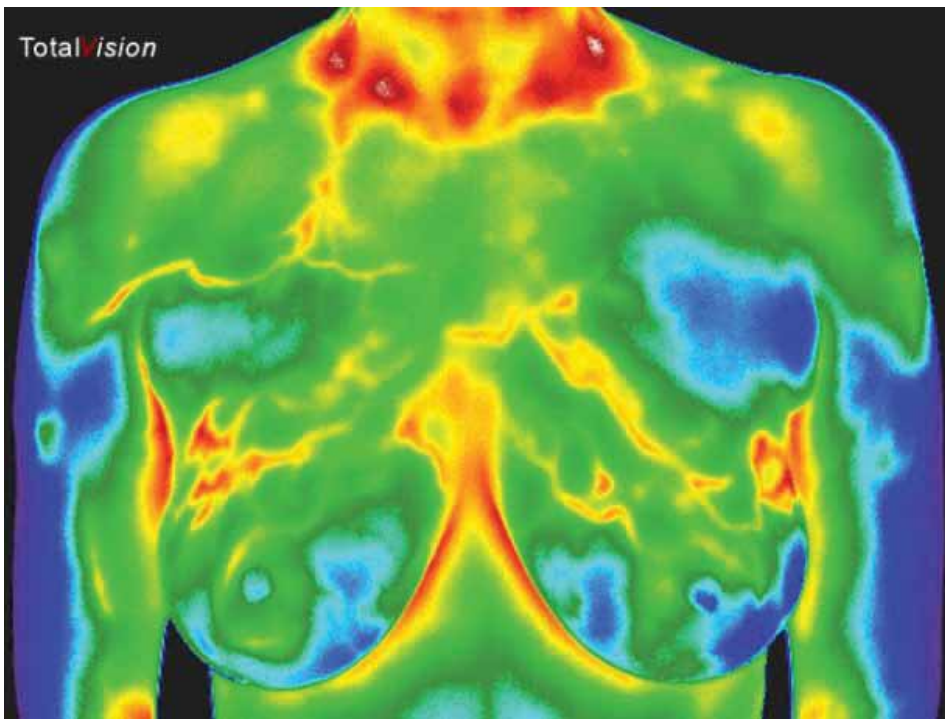
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My Thermography Journey

Holistic Health, My Thoughts

by Leonie

Over the past decade, prevention has been transformed into a medical practice. One of the constituent components of this innovative approach is Infrared Thermal Imaging Technology, also known as Thermography. This approach to diagnosing, quantifying and screening for differences and changes in skin surface temperature is FDA-approved as an adjunct procedure, including in the area of breast cancer detection. The technology behind the newer practices and applications of Medical Thermography has a long and steeped history (over the past 50 years), and increasing numbers of healthcare providers are moving to integrate Thermography into their practice... and patients are demanding medical thermography services. The future of preventive healthcare is (finally) here.

In practice, Medical Thermography offers a unique opportunity as a screening tool for prevention. Thermography is a device intended for use in the diagnosis of disease or other conditions or in the cure, mitigation, treatment, or prevention of disease, or is intended to affect the structure or function of the body. Thermography's greatest contribution in understanding the processes of the human body is its inherent ability to detect subtle, vascular and physiological changes that if left unattended, may become, over time, a degenerative disruptive disease.

Clinical Explanation

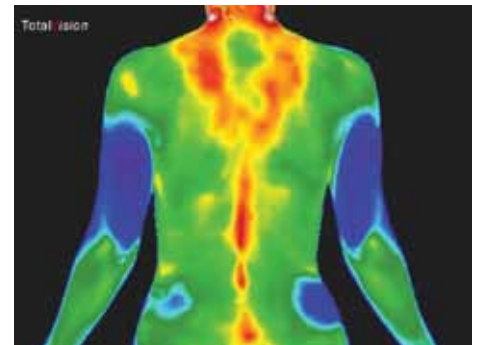
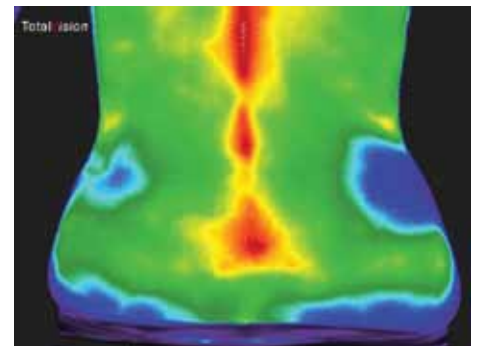
Medical Thermography is a non-invasive diagnostic technique that enables the examiner to visualize and quantify changes in skin surface temperature. An infrared camera is used to convert infrared radiation emitted from the skin surface into electrical impulses that are visualized in color on a monitor. This visual image graphically maps the body temperature and is referred to as a thermogram. The spectrum of colors indicates an increase or decrease in the amount of infrared radiation being emitted from the body surface. Since there is a high degree of thermal symmetry in the normal body, subtle abnormal temperature asymmetries can be easily identified.

The thermal patterns displayed on the thermogram are as unique as fingerprints. In

healthy people, there is a symmetrical thermal pattern that is consistent and reproducible for that individual. Injury or disease will result in thermal asymmetries. After detection, thermography also has an effective role in monitoring the effects of treatment.

I truly believe in this wonderful technology called thermography, as there are no adverse side effects and you are not exposed to any radiation. I received my images and a detailed written report including health recommendations for treatment. Despite my fairly clean organic diet, holistic choices and my chemical free beauty routine my body still shows signs of inflammation.

I have suffered for the last 20 years with neck pain and lower back, you can see the areas in my scans below.



Clinical Notes

Upper Back – there are diffuse areas of hyperthermia located over the lateral aspects of the trapezius muscle L>R. These findings are consistent with chronic stress or strain on muscles and other soft tissue structures overlaying the cervical and thoracic segments of the spine.

Lower Back – here is intense hyperthermia in the posterior midline of the lower thoracic and lumbar spine. This suggests a chronic or systemic degenerative inflammatory response which over time can result in disc degeneration.

Recommendations

Consider regular massage to reduce soft tissue inflammation and follow an anti-inflammatory nutritional and supplementation protocol.

Clinical Notes

There is significant hyperthermic activity seen bilaterally in the submental, cervical and submandibular lymphatic chains of the neck. The lymph system plays a role in detoxification and elimination. Congestion and poor circulation in the lymph system can contribute to internal toxicity. Toxins such as bacteria, virus and environmental toxins can impair the lymph system. Internal toxicity leads to inflammation and long term inflammation eventually weakens the immune system.

Recommendations

Following an anti-inflammatory nutritional and supplementation protocol is strongly advised. Without addressing inflammation first, supplementation and detoxification will not have the desired outcome and may cause further stress and inflammation to the body.

I have been experiencing pain in my left underarm and I wanted to make sure that it wasn't from a breast related issue.

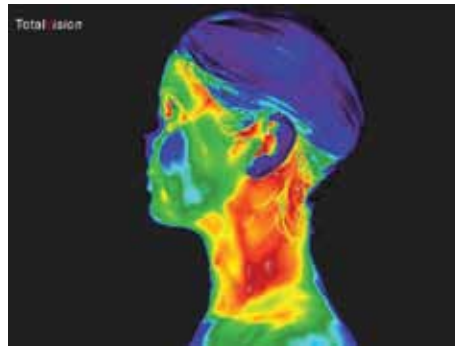
Clinical Notes

Right Breast – Low level of concern: equivocal with one significant factor; minimal level of concern for thermal irregularities. These patterns should always be monitored for change.

Left Breast – Low level of concern: equivocal with one significant factor; minimal level of concern for thermal irregularities. These patterns should always be monitored for change.

There are thermal signs of changes in the breasts that are an indication of lymphatic congestion, inflammation and hormonal

imbalance. Hypothermic areas are an indication of fibrocystic activity and congestion in those areas. Increased thermovascular activity and branching vascular patterns are indicative of inflammation and hormonal imbalance. Increased thermal activity in the axillary region and sternal region is an indication of poor lymphatic drainage and congestion.



Recommendations

Suggest clinical correlation of thermal findings with health care professional regarding patient's history, symptoms and consideration of recommendations mentioned above in addition to standard follow-up breast imaging, continue with routine follow-up breast examinations with her physician as indicated or at least annual and ongoing consultation with her physician.

Consider dry brushing and lymphatic drainage massage to improve circulation. Although this report is considered to be low level of concern the initial findings suggest inflammation and hormonal imbalance. Inflammation and hormonal imbalance can contribute to breast pain, tenderness, cystic activity, breast tissue changes and calcification's.

Following an anti-inflammatory diet is advised and liver detoxification is advised. Supplementation with Fish Oil, Indole-3-carbinol, Magnesium, Turmeric and Probiotics may help to reduce inflammation and balance hormones.

***Implementation of any treatment protocol should be under the guidance of a qualified health care professional.

SOURCE: <https://elegantluxelife.com/2017/04/04/my-thermography-journey/>

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HEALING JOINTS FROM WITHIN

The Promise of Regenerative Medicine

by Marlaina Donato

Someday, medical science will allow us to infuse damaged or aging organs with new cells, or to manufacture made-to-order organs on a 3-D printer. These emerging techniques to revitalize worn-out body parts are on the drawing board in the field of regenerative medicine. However, for the injured college athlete or the grandmother with compromised joint function, healing and pain relief can already be found in the form of prolotherapy and other non-invasive approaches that stimulate the body to heal itself.

Injection therapies using dextrose or the patient's own platelets or stem cells are being used to naturally stimulate the body to produce collagen and rejuvenated tissue, offering hope to those with soft tissue injuries, osteoarthritis, degenerative disc disease and even pain syndromes like fibromyalgia. A recent review in the *British Medical Bulletin* of 10 high-quality studies of dextrose prolotherapy in adults with mild to moderate osteoarthritis of the knee showed patients experienced significantly less pain and improved range of motion in both the short term and long term without adverse effects. Eighty-two percent of patients were satisfied with the treatment.



Controlled Inflammation

A type of regenerative medicine innovated by osteopathic physician Earl Gedney in the 1930s, prolotherapy induces low-grade, temporary inflammation with the intention of triggering connective tissue cells called fibroblasts in and around the injection site. "If you cut your arm or twist your ankle, various immune cells rush to the area to begin the repair process. This is a very basic comparison of what prolotherapy does with injections directed to specific anatomical points," says Ross A. Hauser, M.D., founder of Caring Medical Regenerative Medicine Clinics, in Fort Myers, Florida, and Chicago.

"Prolotherapy is used to treat osteoarthritis because it helps correct the underlying reason why it has occurred, which is joint instability. The body overgrows bone as a long-term response in an effort to stabilize an unstable joint," Hauser says.

Naturopathic physician Brent Cameron, of Aurora Natural Medicine, in Gilbert, Arizona, suggests individualized treatment plans for best results. "My recommendations are very patient-specific, which is an impor-

tant piece in prolotherapy," Cameron says his patients are likely to start seeing relief in the first week. "In many instances, they experience complete relief and mobility after a series of treatments."

While Cameron attests to the efficacy of dextrose prolotherapy, he is cautious with recommending it for people with systemic inflammatory conditions. "Someone with a history of joint-related autoimmune response tends to mount stronger inflammatory responses. Other forms of regenerative medicine can be helpful for rheumatoid arthritis [RA], but not in the inflammation-mediated way, like prolotherapy and platelet-rich plasma (PRP) injections."

One option, according to the Institute of Regenerative Medicine, in Boca Raton, Florida, might be very small embryonic-like stem cells (VSELS), an emerging form of regenerative stem cell therapy. These have shown promise in dealing with RA and other autoimmune diseases. Meanwhile, the Mayo Clinic Center for Regenerative Medicine is ramping up its research into approaches that stimulate the body to repair itself, with numerous ongoing clinical trials utilizing different injection therapies for the treatment of osteoarthritis.

The Power of Platelets

PRP injections are similar to prolotherapy, using platelets from the patient's body instead of dextrose. "As blood flows through an injury site, the inflammatory chemicals trigger the platelets to release growth factors, which causes the torn fibers of the damaged structures to heal," says Fort Worth osteopath Gerald Harris, of Texas Prolotherapy and Neural Therapy. PRP is sometimes used in conjunction with stem cell therapy, which is typically applied in cases in which something needs to be replaced, to help fill in gaps in ligaments or tendons, Harris says.

PRP injections have proven to be effective in easing chronic low back pain from damaged vertebral discs. An overview of research published in the *Journal of Spine Surgery* in 2018 found it to be safe, effective and feasible, with promising potential for the treatment of musculoskeletal disorders. Harris says that people that wish to avoid surgery or cortisone injections can benefit from PRP, which can also be applied topically to treat non-healing wounds like bedsores and diabetic ulcers.

Harris subscribes to the power of persistence. "Don't give up. With proper treatment there is a strong likelihood that you can live a happy, healthy life free from chronic pain."

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmbersMusic.com.

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Linda Carroll on Skills That Make Love Last

by Kajsa Nickels

Psychotherapist Linda Carroll was drawn into the dynamics of couples' counseling three decades ago when she saw how in her own marriage, petty disagreements could turn into full-blown arguments with the potential for deep wounds. She and her husband Tim worked on their issues by attending workshops across the country, including Imago



therapy and PAIRS (Practical Application of Intimate Relationship Skills), which were so effective that she developed a curriculum called Love Skills by combining those tools, her experience as a married person and counselor, personal training from consciousness pioneers and resources from ancient mythology and spiritual/religious traditions.

She has co-taught the course with her husband for more than 25 years. Her first book, *Love Cycles: The Five Essential Stages of Everlasting Love*, has been translated into several languages and details stages in romantic relationships. Her new book, *Love Skills: The Key to Unlocking Lasting, Wholehearted Love*, is a guide to developing a relationship toolkit.

What is the Love Cycles model?

It is based on the fact that feelings of love are seasonal. Like the seasons of the year, they are a natural progression of a relationship. If you understand the seasons, you

can pass through them. All relationships are teachers. If we allow them to teach us, we become free to love deeper and better.

What is the most difficult Love Cycles stage, and why?

Each stage has its own unique challenges. For example, the first stage, the Merge, has a magic to it due to the chemical cocktail that

floods your body when in the presence of your significant other. But this stage can be treacherous in that you can mistake your feelings for evidence that this is the “right” person for you. In the Power Struggle stage, feelings will have worn off and power struggles will start to show up. The third stage is Disillusionment. Differences between both of you really start to show up at this time. The fourth stage is the Decision stage. At this point, many couples find themselves wanting out. The key to making it through this stage is to remember that this, too, shall pass and to commit to working it out. It's important to realize that life is not about getting an A+ at all times. Sometimes, we need to accept that a C- is okay; and if you do need to leave a relationship, it is possible to do it in a wholehearted way at best—at the least, to minimize damage.

The fifth stage I call Wholehearted Love, a stage reached only through mindfulness and unconditional love. Because love has changing seasons, a couple will not stop at

the fifth stage forever, but getting back to this state will become easier and easier as time goes on.

What was your impetus for writing Love Skills?

I have been teaching the program for 25 years and drew from my almost 40 years as a couples therapist, many trainings all over the country and own life experiences in my relationship with my husband to compile the program. Most couples lack the skills to manage the troubles of life. There is a skill to every aspect of a relationship, especially in communication: listening, speaking, knowing when to speak and when to be silent.

Who is most likely to benefit?

The relationship you have with yourself is a core part of the Love Cycles model. If you do not have a good relationship with yourself, you cannot have a solid and meaningful relationship with another person. This is a couples' book, although it can also be gone through by a single person if the partner is not interested in it. What I tell people is that you can only work on your part. If the other person doesn't want to buy in or isn't wholeheartedly on board—or at least partially willing—there is nothing that you can do about it. You need to be able to be okay and confident in yourself. You cannot change another person, but you can always change yourself.

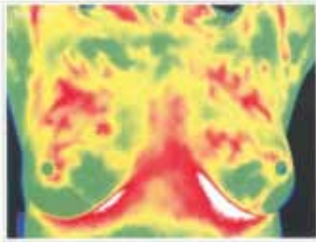
What is one of the most important pieces of advice you have for couples?

I hope that couples come to realize that feelings of love are like clouds, always changing. A good relationship requires a skill set, which we practice whatever the feelings are. We are not born knowing how to love skillfully, but this skill set can be learned by anyone and will make you able to listen better and appreciate each other more.

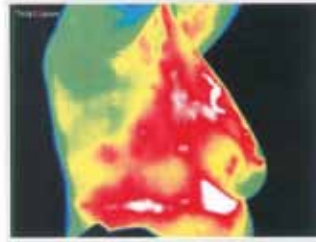
Kajsa Nickels is a freelance author who resides in northeastern Pennsylvania. Connect at FidelEterna45@gmail.com.

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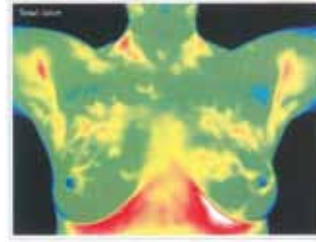
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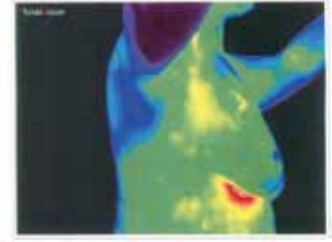
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Share the love not the cold

New device stops cold and flu

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids



New research: Copper stops colds if used early.

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.



Dr. Bill Keevil: Copper quickly kills cold viruses. Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

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~Brigit Binns



A Feast for All Seasons

Embracing the Rainbow Year Round

by April Thompson

No matter where we live, eating seasonally in winter doesn't have to be boring or limiting; a culinary adventure awaits the home chef that's willing to leave avocados and asparagus to their rightful seasons and embrace the winter rainbow of bitter greens, sweet potatoes, sunny citrus and fuchsia beets, among other timely delicacies.

"Sometimes people think of winter foods as brown and soft and boring, and it's absolutely not the case. Winter brings bright things like pomegranates, beets and citrus, which offer color and acidity," says Brigit Binns, the Paso Robles, California author of 30 cookbooks, including *Cooking in Season: 100 Recipes for Eating Fresh*.

Eating seasonally is especially important in winter, says Shannon Stonger of Texas, author of *Simple Food for Winter: 30 Grain-Free Recipes to Get You Through the Dark Days*. "Winter foods like fermented vegetables, root vegetables, squashes and hardy greens are especially helpful in the colder, darker months, when our bodies are in need of comfort foods as well as pre- and probiotic foods," says Stonger, a homesteader and founder of the blog *NourishingDays.com*.

There are plenty of other reasons to stick to a seasonal diet in winter, adds Binns. "Food always tastes better in the season

it was intended to be eaten in. Seasonal foods are naturally ripened, rather than harvested early and trucked in. In addition to enhanced flavor, eating seasonally helps minimize use of fossil fuels to bring our food to us, and is likely to be less expensive."

Winterizing the Kitchen

Much of the fall harvest, particularly root vegetables, stores well through the winter (hence the idea of a root cellar), extending produce across seasons, according to Steven Satterfield, chef and author of *Root to Leaf: A Southern Chef Cooks Through the Seasons*. There are lots of root vegetables beyond just carrots and potatoes to be enjoyed in winter, including sunchokes, parsnips and turnips, which can be used creatively rather than "boiled to death," says Satterfield. For example, the Atlanta restaurateur incorporates parsnips into an upside-down cake with winter spices like nutmeg, black pepper and ginger.

Binns like to add texture to winter dishes with nuts, color with herbs, and crunch with a winter vegetable like fennel. Warming soups are always comforting during the coldest season, but she also likes warm salads, like a beet and escarole salad drizzled with a warm sherry vinaigrette.

Satterfield suggests that specialty citrus like blood oranges, Meyer lemons

and cross-hybridized varieties such as tangelos and pomelos are fun to interperse with winter vegetables to maximize brightness and freshness. A lot of winter produce can be great in raw form as well, he adds, including Brussels sprouts, rutabaga or daikon radish, shaved thinly or julienned into a salad.

Winter squash is a favorite staple of the Stonger family in the cooler months. "It is easy to grow, easy to store and so deliciously sweet and rich. We roast it as a side dish, mash it as a sort of breakfast porridge or make soups and curries from it," says Stonger.

Satterfield suggests using all the parts of winter vegetables to maximize the harvest and minimize food waste. For example, the seeds of winter squashes can be roasted with herbs and spices and eaten as is, churned into other dishes such as a squash seed granola or blended and strained into a homemade broth to add some texture, fat and flavor. After roasting carrots with Moroccan spices, Satterfield suggests taking the leafy carrot tops and chopping them with cilantro and garlic to make a green sauce to crown the carrots. Swiss chard stems can also be chopped and cooked into Portuguese bread soup, with leftover stale bread made into olive oil crostons and egg whites stirred in at the end.

Winter Health Boosters

Beyond selecting seasonal produce, chefs recommend a few key dietary tweaks in winter, such as stepping up vitamin D consumption. "Since you're not seeing a lot of sun this time of year, it's more important to get it through colorful vegetables like carrots, cabbage or radicchio. Watermelon radishes are another winter vegetable full of vitamins," says Binns.

"You can grow your own sprouts throughout the winter as a great micro-green option. Sprouts are incredibly high in enzymes, something often lacking in other winter dishes," suggests Stonger. "Fermented vegetables and other fermented foods can make up the difference in winter."

April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.

Winter Salad Wonders



photo by Ray Kachatorian

Mixed Citrus Salad With Mâche, Fennel and Celery

Winter is the height of citrus season, with an appealing display of oranges, mandarins, tangerines, tangelos, pomelos and more in the best-stocked markets. Use a varied mixture of sweet-tart types for the prettiest, tastiest salad.

Yields: 4 servings

- 2 ribs celery
- 2 bunches mâche
- 2 lb mixed citrus fruits, such as navel oranges, blood oranges, tangerines, mandarins and pomelos
- ½ fennel bulb, trimmed
- 8 kumquats
- ¼ cup sliced almonds, toasted

For the vinaigrette:

- Fresh orange juice or as needed
- 1 Tbsp champagne vinegar
- ¼ cup extra-virgin olive oil
- Sea salt and freshly ground pepper

Cut the celery in half lengthwise. Using a serrated vegetable peeler or a mandoline, shave the celery into thin strips lengthwise down the ribs. Cut the strips in half crosswise and place in a bowl of water. Set aside.

Separate the mâche leaves and transfer to a shallow serving bowl. Working on a plate to capture all the juices, use a serrated knife to cut a thick slice off the top and bottom of each citrus fruit. Working with one fruit at a time, stand it upright and, following the contour of the fruit, carefully slice downward to remove the peel, pith and membrane. Set the fruit on its side and cut crosswise into slices about ⅜-inch thick, discarding any seeds. Transfer the slices to the bowl with the mâche, reserving the juices for the vinaigrette.

Cut the fennel lengthwise in half. Using a mandoline or a sharp knife, cut the fennel crosswise into very thin slices and tuck among the citrus slices. Drain the celery and distribute evenly over the salad. Using the serrated knife, cut each kumquat crosswise into very thin slices, discarding any seeds. Scatter the kumquat slices evenly over the salad, then sprinkle the almonds over the top.

To make the vinaigrette, pour the reserved citrus juices into a measuring cup. Add enough additional orange juice to measure ½ cup then add the vinegar. Whisking constantly, slowly add the olive oil and whisk until well combined. Season to taste with salt and pepper. Drizzle the vinaigrette over the salad, toss gently to coat, and serve.

From *Cooking in Season: 100 Recipes for Eating Fresh*, by Brigit Binns

You can grow your own sprouts throughout the winter as a great microgreen option.

~Shannon Stonger

Chard and Squash Salad

- 1 small winter squash, such as sweet dumpling, acorn or golden
- 2 small beets, trimmed
- 1 Tbsp olive oil
- 1 bunch Swiss chard, tough ribs removed and leaves torn

Red wine vinaigrette or vinaigrette of choice
Sea salt and freshly ground pepper

Cut the winter squash into wedges and remove the seeds, if desired. Transfer the wedges to a baking dish. Halve the beets and add to the dish. Drizzle with the oil and toss to coat. Bake in a preheated 450° F oven, stirring once, until tender and lightly browned, 20 to 40 minutes. Let cool. Peel and slice the beets. Place the chard in a bowl, drizzle with some of the vinaigrette. Toss to coat. Add the squash and beets, drizzle with the remaining vinaigrette, and season to taste with salt and pepper.

From *Cooking in Season: 100 Recipes for Eating Fresh*, by Brigit Binns



Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

photo by Ray Kachatorian

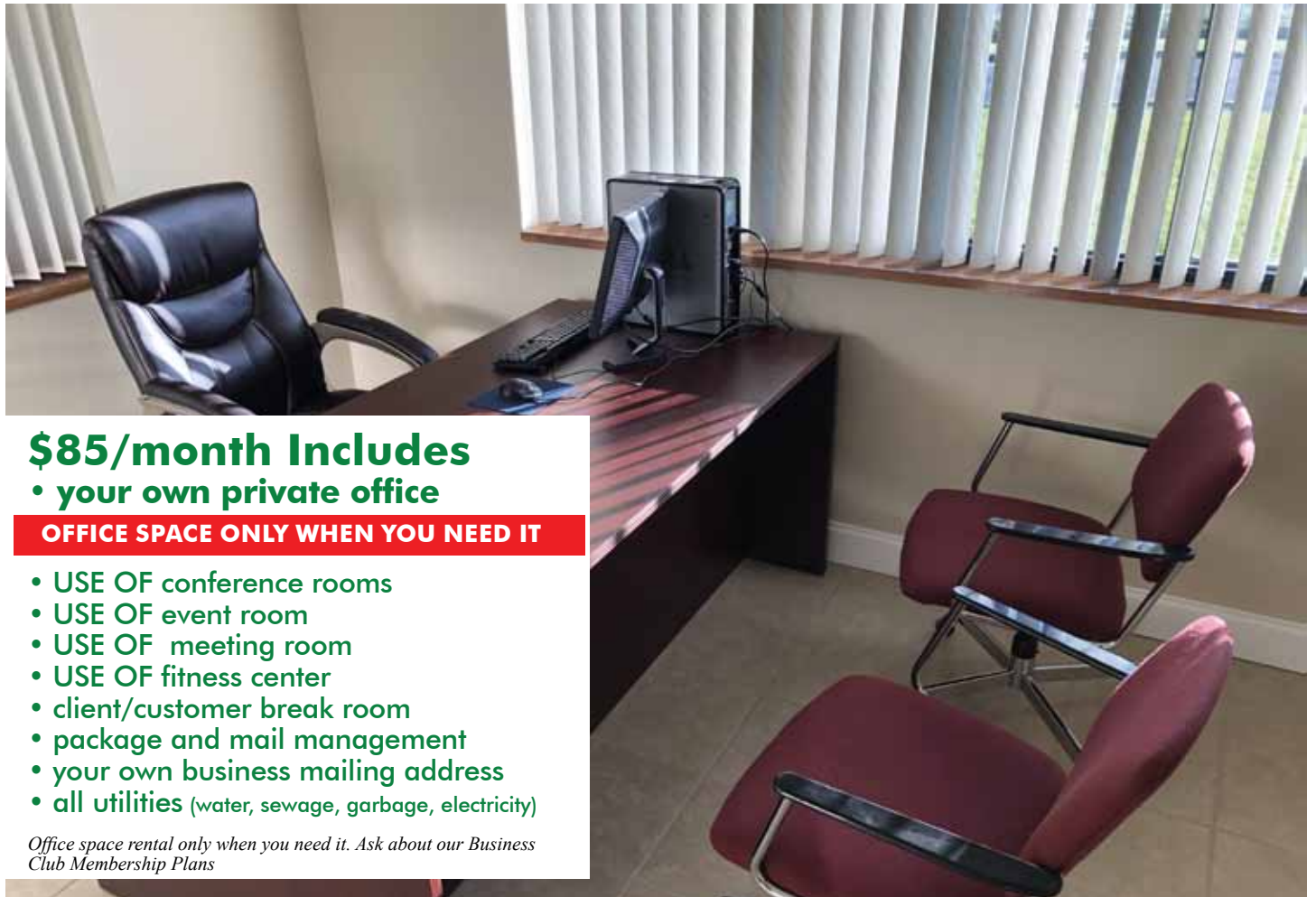
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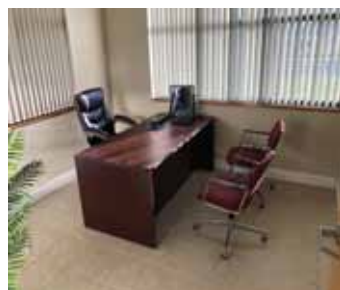
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CHOOSING LOVE

How to Cope With Fearful Times

by Scarlett Lewis

It's hard to make sense of some of the troubling things we see on TV and read about in the news. Our kids ask us, "Why are these things happening?" It's an important question and it all comes down to two competing feelings: fear versus love.

When we see disturbing images such as school shootings or political opponents attacking one another, it cultivates anxiety, which is epidemic in our society. When left untreated, it can lead to negative outcomes including substance abuse, depression, suicide and violence. Often, we look to those in perceived power to solve these issues. Perhaps what we haven't considered is that these are not political issues; rather, they are issues of the heart and only we can solve them.

So we continue to see pain and suffering played out before us. We feel powerless and this feeds our unease. Our personal safety is a priority and external safety measures sometimes fail. If we don't feel safe, nothing else matters. There is a solution. The opposite of anxiety and fear is love. When we examine the trajectory of most societal ills, there is often an arc of loneliness, depression, isolation and often abuse.

From a young age, we can learn to choose love as a thoughtful response to any situation. When we do this, we take back our personal power. We become part of the solution to the issues we see, and science tells us that others will do the same.

There is a formula for choosing love. It starts with courage. My son Jesse was a 6-year-old boy who stood up to the shooter that came into his first-grade classroom at Sandy Hook Elementary School and saved nine of his classmates' lives before losing his own. We all have that courage within us: the courage to be kind, to speak our truth, to do the right thing.

We can only have one thought at a time, so we can shift our thinking by replacing a negative thought with a grateful one. Forgiving helps us to take back our personal power and is a gift we give ourselves. It is the foundation of healthy relationships that lead to greater happiness and connection in our lives. Compassion in action helps us step outside our own busyness, distraction and even pain to help others.

When we do this, we're choosing love and helping to create a safer, more peaceful and loving world. When we model the practice of these character values as a thoughtful response for our children, they grow up to do the same.

Scarlett Lewis is the founder of the Jesse Lewis Choose Love Movement, a nonprofit organization whose mission is to ensure every child has access to social and emotional education and support. Connect with her at Info@JesseLewisChooseLove.org.

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The chlorophyllin-induced cell cycle arrest and apoptosis in human breast cancer MCF-7 cells is associated with ERK deactivation and Cyclin D1 depletion.

Targeting the mitogen-activated protein kinases (MAPKs) has been suggested as a novel strategy to treat cancer. Chlorophyllin (CHL) is the sodium-copper salt of chlorophyll derivative and is a commonly used food dye for green coloration; CHL was found previously to retard growth of the human breast carcinoma MCF-7 cells. Extracellular signal-regulated kinases (ERKs) constitute a subfamily of MAPKs, participating in cell survival, proliferation and differentiation. We report here the first evidence that CHL deactivates ERKs to inhibit the breast cancer cell proliferation. The results from flow cytometry showed that 200 microg/ml CHL reduced the phosphorylated and activated ERK-positive cells in different cell cycle phases from the control of >96 to <38% at 24 h of incubation; the ERK deactivations occurred in both dose- and time-dependent manner, so that nearly all ERKs were de-activated by 400 microg/ml CHL at 72 h of treatment.

Int J Mol Med. 2005 Oct;16(4):735-40. Authors: Chiu LC, Kong CK, Ooi VE.

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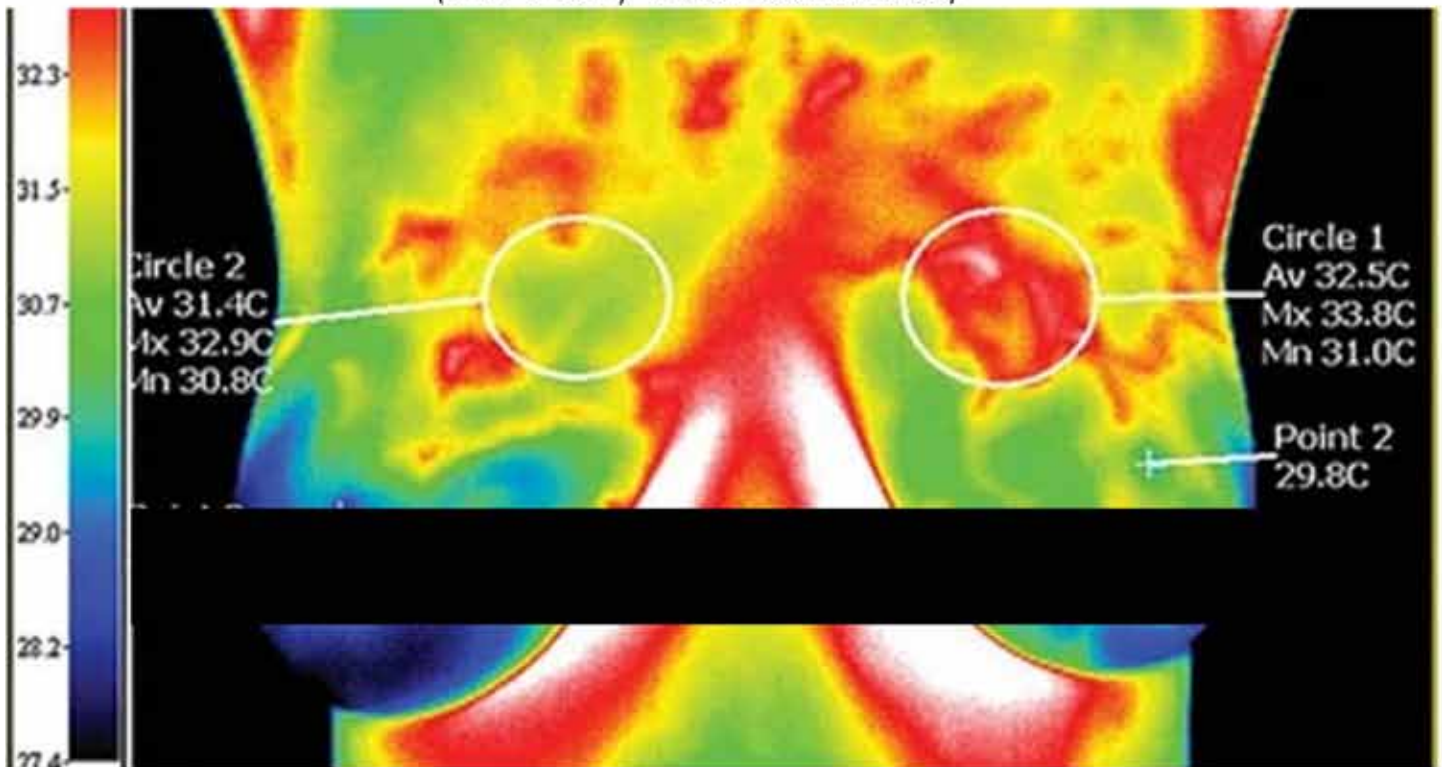
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Pain Relief for Pets

Prolotherapy Gives Joints New Life

by Julie Peterson

Brian Engler, of Drexel Hill, Pennsylvania, was asked to provide hospice care for a senior Akita. Tadao was underweight, weak, arthritic and had been severely neglected.

He needed a place to live out his remaining days in comfort. Even though Tadao was unstable with severely limited mobility, Engler believed that the old dog had more than a little life left in him.

Engler's veterinarian tried prolotherapy injection treatments for Tadao's joint pain and he soon became more comfortable and gradually more active. "By the time we completed the treatments, he was able to get up and down with ease and started cruising around the kitchen looking for snacks on the counter," says Engler.

Prolotherapy, short for proliferative therapy, isn't just for dogs. Any animal with a joint can receive the regenerative injection therapy, which relieves pain by strengthening ligaments and tendons supporting the joint. It's minimally invasive, involving the injection of a sugar solution directly into the affected area. The body's inflammation response kicks in, resulting in regrowth of new fibers in ligaments and

Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint pain issues.

~ Judith M. Shoemaker

tendons.

Prolotherapy has been around a long time. It was used to treat lame animals around 1350 B.C. Back then, a hot poker was used to induce the inflammation response. In the 1930s, injection of an irritant solution at the site of the injury

became the new method, and has since been shown in scientific studies to facilitate the repair and regrowth of connective tissue, ligaments, tendons, cartilage and other joint-stabilizing structures.

Modern prolotherapy has remained basically the same for the last 80 years, although the injected irritant solution is modified according to the veterinarian, the type of animal and the injury. Every vet uses a slightly different prolotherapy "cocktail," which typically includes 50 percent dextrose and possibly several other ingredients the practitioner finds useful, such as saline, vitamin B₁₂, lidocaine and homeopathic combinations. Some vets also offer platelet-rich plasma or stem cells in the injection mixture.

"Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint

pain issues," says Judith M. Shoemaker, DVM, owner of Always Helpful Veterinary Services, in Nottingham, Pennsylvania. "It's quite inexpensive and the success rate is very good. Many animals respond after just a few treatments."

Shoemaker typically does prolotherapy treatments in three- to five-week intervals until the joint heals. She also looks to correct the underlying issues of the problem. "Joints don't get torn up with normal movement," she says.

Animals may have joint issues from falling, but other causes include overweight, long toenails or chiropractic issues. Prolotherapy stabilizes joints after an injury and achieves pain-free motion, but it's only successful if the cause of the injury is remedied.

"Prolotherapy is a very important tool in integrative veterinary care, but it's not a panacea, and it's never a stand-alone treatment," says Christin Finn, DVM, owner of the Canine Rehabilitation & Integrative Veterinary Center, in Kingston, Washington. "It's part of a combination of integrative treatments based on what is best for your pet."

The right balance of treatments to help an animal feel comfortable could include laser therapy, osteopathic manipulation, acupuncture, physical therapy, custom braces, prolotherapy or rest.

Using prolotherapy in conjunction with other posture-correcting and integrative therapies is a win for pets and their owners. Surgery is fraught with complications and expensive. When prolotherapy is used as part of a comprehensive treatment plan, animals can recover from injuries that may have been debilitating or even fatal.

Ivey Sumrell's Irish sport horse recovered from a severe injury. At 8 years old, Johnny was bitten on the neck by a stallion. "His neck became unstable and he had severe problems walking," says Sumrell, of Tryon, North Carolina. "Ultrasound-guided prolotherapy was done three times to all of his neck joints." Johnny was able to be ridden and lived to be 22.

And Tadao, the dog that was expected to die in hospice care a year ago, is enjoying life. He's now well-nourished and loved, and painlessly goes for walks and plays at the park. "Tadao is the poster child for what prolotherapy can do," says Engler.

Julie Peterson writes about health and environmental issues. Reach her at JuliePeterson2222@gmail.com.

calendar of events

All Calendar events must be received by the 10th of the month prior to publication and adhere to our guidelines. Advertisers are entitled to up to five event listings, all others are \$10 each and must be prepaid, unless the event is free. Email publisher@naacadiana.com for guidelines and to submit entries.

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FRIDAY FEBRUARY 7

Second Chance Book Giveaway – 9am-6pm. Adult, teen, and children's books removed from our ten library locations will be made free to the public on a first come, first served basis. Free. Lafayette Public Library, 6101 Johnston St, Lafayette.

First Light – 7-9pm. Shadows on the Teche presents an original performance that showcases the traditions, cultural impact and history of New Iberia's black neighborhoods and families. Free. Essanee Theatre, 126 Iberia St, New Iberia.

SATURDAY FEBRUARY 8

Lead the Way Women's Conference – 9:30am-12:30pm. A leadership experience featuring author speaker, Dima Ghawi (TEDx) with special guest Cindi Estep (John Maxwell Team). Tickets \$35 at EventBrite.com. Strand Theatre, 432 N Main St, Jennings.

Hearts for St. Jude – 5-11pm. The 20th anniversary gala with The Cast featuring Shawn Faulk & Sarah Russo Griffith. \$100/couple benefits St Jude patients. Vermilion Fair & Festival Building, 738 E Mill St, Kaplan. 337-652-4101.

SUNDAY FEBRUARY 9

Music Dreams...An American Story – 4-6pm. A documentary with musical performance profiling singer/songwriter and music executive, Henry Turner, Jr. with open discussion to follow. \$15. Rural African American Museum, 1414 North Main St, Opelousas.

Darkside – 2-4pm. A theatrical performance of love, friendship, and perseverance. \$15-25. Abbey Players Theater, 200 S State St, Abbeville. AbbeyPlayers.tix.com.

THURSDAY FEBRUARY 13

The Essentials: Black Expo for Business, Music and Art – 3-6pm. An opportunity for Black businesses to build clientele and network with other Black entrepreneurs. Free. Registration at EventBrite.com. UL Lafayette- Atchafalaya Ballroom, 620 McKinley St, Lafayette.

Galentine's Day – 6-8pm. Enjoy a ladies night out at the museum. \$50 tickets. Paul and Lulu Hilliard University Art Museum, 710 E Saint Mary Blvd, Lafayette. BonTempStix.com.

SATURDAY FEBRUARY 15

Jammin' Boston Butt Cook-Off – 8am- 5pm. A culinary event featuring Boston Butt style BBQ/ Smoked, Gravy, and Jambalaya categories. A family friendly event kids activities and live music.

Register online to participate. The Grey Foundation. Yambilee Ag Arena, 1939 W Landry St, Opelousas. TheGreyEffectFoundation.com/events.

What a Lovely Showtunes Sing Along – 5:30-9:30pm. Enjoy singing love songs and duets together from various Broadway hits to include Grease, Oliver, Phantom of the Opera and Les Miserables. Free. A Spot for Tea, 108 E Main St, New Iberia.

Christian Healing Service – 2-4pm. Christian Healing Service and Bible Teaching. Free. Greg Kerr Ministries, 205 Zachary Dr, Scott.

Imperial Mardi Gras Ball – 7pm. Presentation of King Imperial II, Queen Lily II and their Royal Court. Live entertainment of Lance Dubroc & Wanderluv featuring Sara Russo. Tickets and tables can be purchased at Sebastien Fine Jewelry. The Delta Grand Theatre, 120 S Market St, Opelousas. 337-948-4367.

SUNDAY FEBRUARY 16

A Prelude to Spring – 3-4:30pm. Candlelight chamber orchestra concert performed by the Acadiana Symphony Orchestra. Free. St. Peters Church, 108 E St. Peter St, New Iberia.

Durable Children's Mardi Gras Run – 9am-2pm. All proceeds raised on the run benefits the children's hospital. \$10-15 registration. 1943 Wilba Vizinat Loop, Mamou.

TUESDAY FEBRUARY 18

An Evening with Judy Collins – 7:30pm. The award-winning singer-songwriter performs traditional and contemporary folk standards as well as original compositions. \$40 tickets- TicketMaster.com. Heymann Performing Arts Center, 1373 S College Rd, Lafayette.

SATURDAY FEBRUARY 22

Body Talk Girls – 5-9pm. Girls learn the basics of puberty. \$30 per family. Registration - EventBrite.com. Woman's Foundation, 4630 Ambassador Cafery Parkway, Lafayette.

Sunset Mardi Gras Parade – 11am. Mardi Gras parade with marching bands, dance groups and music. Napoleon Ave, Sunset.

TUESDAY FEBRUARY 25

Lafayette Mardi Gras – 10am-4pm. King Gabriel's Parade -10am. Lafayette Mardi Gras Festival Parade -1pm. Town Square Media Independent Parade - 2:30pm. All parade routes precede Downtown Lafayette to Cajun Field. GoMardiGras.com.

PRAYER TO MEND WHAT IS BROKEN

Heavenly Father,
I call on you right now
in a special way.
It is through your power
that I was created.
Every breath I take,
every morning I wake,
and every moment of every hour,
I live under your power.

Father,
I ask you now to touch me
with that same power.
For if you created me from nothing,
you can certainly recreate me.
Fill me with the healing
power of your spirit.
Cast out anything that
should not be in me.

Mend what is broken.
Root out any unproductive cells.
Open any blocked arteries or veins
and rebuild any damaged areas.
Remove all inflammation and
cleanse any infection.
Let the warmth of your healing
love pass through my body
to make new any unhealthy areas
so that my body will function
the way you created it to function.

And Father,
restore me to full health
in mind and body so that I may
serve you the rest of my life.
I ask this through Christ our Lord.
Amen.



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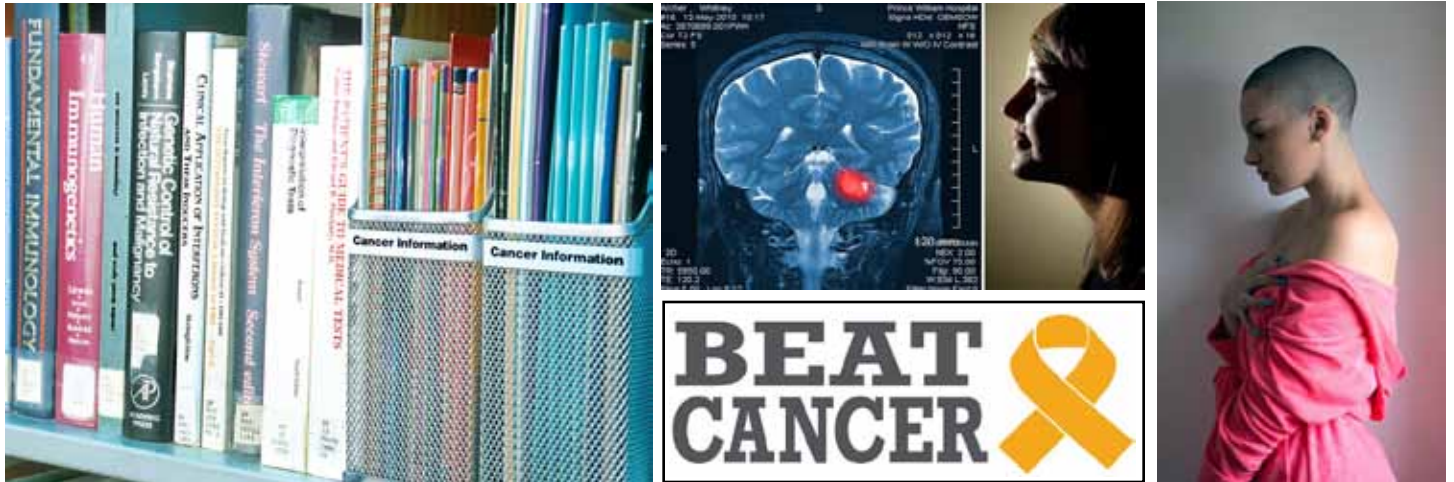
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